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VOLUME 15, NUMBER 70

WEDNESDAY, SEPTEMBER 23, 1998

FIFTY CENTS

All get their fill

Event praised

By Scott Cousins
Staff writer

An estimated 25,000 race fans were on hand to see Rick Carelli win the Ram Tough 200 at Gateway International Raceway Saturday afternoon.

The race is part of the NASCAR Craftsman Truck Series.

In the second race, Jason Schuler of Cambridge, Wis., won the Re/Max Challenge Series Gateway 50.

One happy race fan was Jeffrey D. Croso of St. Louis, who was one of 15 contestants given a chance to win the pace truck.

Croso won. The contestants were picked after filling out forms at local car dealers' stores and through a local radio station.

"He happened to be going in to buy his daughter some diapers and took a minute to fill it (the entry form) out," said Tim Schuler, national marketing manager for Gateway.

Fans were also given a rare treat, a chance to sit in on the pre-race driver's meeting, held under the grandstand this year.

See RACE, Page 5A



Tim Stephenson photo

Above, from left, NASCAR Craftsman Truck Series Ram Tough 200 third-place winner Jay Sauter, who drove the GM Goodwrench Service Plus Chevrolet truck; first-place winner Rick Carelli, who drove the Re/Max International Chevrolet truck; and second-place winner Ron Hornaday, who drove the NAPA Brakes Chevrolet truck, celebrate in the winner's circle. Middle, Jackie Joyner-Kersey waves the green flag to start the Ram Tough 200 at Gateway International Raceway as her husband-trainer, Bob Kerese, track officials; and a camera man from TNN watch. At bottom, Jeffrey D. Croso of St. Louis, the third of 15 contestants given a chance to win the pace truck at the Ram Tough 200, reacts after opening the truck's door.



Scott Cousins photos

Price, Hulme tout concealed carry

Bill applies to retired officers

By Scott Kelly
Staff writer

Retired police officers should be allowed to carry concealed weapons if they chose, two Republican candidates say. Bill Price, congressional candidate for the 12th District, and Bob Hulme, candidate for Madison County Sheriff, said Monday they fully support H.R. 218, a bill currently before Congress. The "Community Protection Act" allows qualified current and retired law enforcement officers in good standing to

carry concealed firearms — even across state lines — to further protect the public. "We have found that arming citizens who are trustworthy and demonstrate competency has reduced crime in some states," Hulme said. Hulme is a retired Illinois State Trooper. Each state and law organization would determine which current officers would be allowed to carry. Price said he if he were elected, he would co-sponsor the legislation, which has 118

See CANDIDATES, Page 8A

Bridge faces brush after this weekend

Friday marks Trailnet's anniversary

By Scott Cousins
Staff writer

The Old Chain of Rocks Bridge will be open for one last time Saturday before being closed to the public for repainting.

The bridge — now undergoing a \$3.4 million renovation as a pedestrian-bicycle trail by Trailnet Inc. — will be open from 11 a.m. to 4 p.m. Saturday.

"It sort of snuck up on us. We didn't realize we were that old."

Kevin Keach
Trailnet office manager

On Friday, Trailnet will be having a fund-raising dinner on the bridge to celebrate the group's 10th anniversary.

See BRIDGE, Page 5A

Number of activities may be cause of low festival turnout

By Nicole Vaughn
Staff writer

People lined downtown Collinsville's Main Street Friday and Saturday, but not in the numbers for which its Italian Fest is known.

Fest Chairman Joe Hrabusicky estimated 120,000 people attended the two-day event. That's down an average of 10,000 to 15,000 people per night from the 140,000 to 150,000 who attended in 1997.

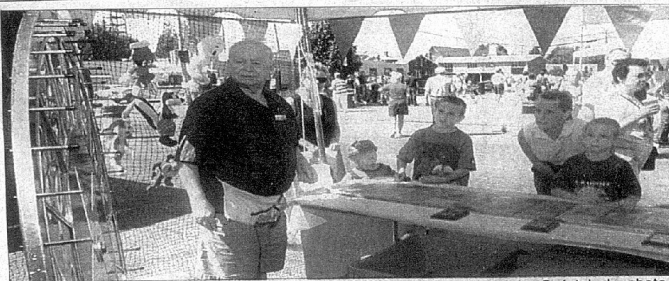
The streets were alive with activity both days, featuring 50 booths and a parade with 100 entries. Hrabusicky said the event may have

"It's been 15 years. Every year we keep adding and adding (people); maybe we have hit our peak."

Joe Hrabusicky
Fest chairman

reached a plateau. "It's been 15 years," Hrabusicky said.

See FESTIVAL, Page 5A



John Swistak Jr. photo

Owen Humphrey of Granite City spins the wheel at a game booth as players look on during Italian Fest, held this weekend in Collinsville.

Granite City Journal

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5 FULLER'S FORECAST
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'Court' system will help clean up city, Greco says

By Scott Cousins
Staff writer

The first hearing dates for the new adjudication system in the city of Madison went smoothly Saturday morning, said city officials.

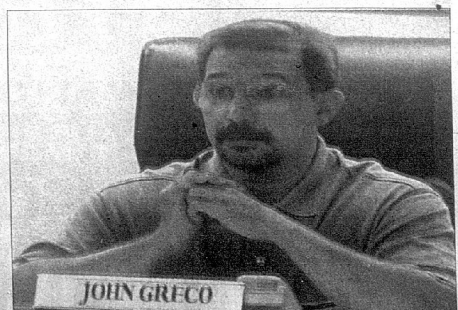
"I think it's going to be good

for the community, as well as making it a little more convenient for people to come pay their fines on a Saturday instead of having to take off work," said Mayor John Hamm.

See COURT, Page 3A

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Scott Cousins photo
Hearing Officer John Greco listens to a case in Madison's new adjudication system Saturday morning.

Local News



Walkers

The Wellness Challenge, sponsored by Providence Occupational Health Services, attracted walkers from all over the Metro East Saturday morning. It began behind Edward Wilkins High School. Above, Edward Wilkinson, 9, of Granite City, left, walks with Stuart Angleton, 4, of Wood River. At right, at the American Heart Association table are, from left, volunteer Shawn Cullen, Regional Director Tammy Cullen and participant Joyce Redd. Above right at prize booth are, from left, Marilyn Baumann, marketing coordinator for Home Health Services; Rebecca Badgerow, MaryKay Heagy Metz; and Glennie Spivey, vice president of Providence.



Shirley Valencia photos

Briefly

Lee to perform at local church

First Church of the Nazarene is presenting "Portrait of a Man," a dramatic and musical presentation starring Ken Lee, at 10 a.m. Sept. 27.

Lee travels as an evangelist ordained by the Southern Missouri District Council. He performing seven separate productions, including "Portrait of a Man." He has performed in 36 states, on radio and TV and in churches of many denominations.

All are welcome to attend. First Church of the Nazarene is located at 4701 Highway 111.

Blessing set
The second annual St. Francis Animal Blessing will be held at 1 p.m. Oct. 4, at the National Shrine of Our Lady of the Snows Outdoor Amphitheater.

Franciscan Brother Bill Schult will bless the pets. There will be a special blessing for sick and aged animals. Participants will receive a certificate and medal. Custom pet photography by Rustic Originals will be available. Please leash or contain animals.

For more information, please call June Bricker at the Shrine at 394-6205.

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Garrett: Court is tool of oppression

County Board member says adjudication system targets blacks

By Scott Cousins
Staff writer

Madison's new ticket system is "simply something to oppress the people of

MADISON
Madison, especially black people," said Madison County Board member Don Garrett.

Garrett, who received a \$50 fine for parking too far from the curb, passed out copies of his newsletter "The Truth" to others at Saturday's hearing session. Garrett also said he has been singled out by police and has received several tickets since having a run-in with Venice Township Supervisor Andy Economy last spring.

"The citation itself is not racist," he said. "But I think the ability to make those citations will be directed toward people that city officials in Madison feel most threatened by."

"The whole problem with this new court is that it allows the police to be vindictive and abusive," he said. "It's back to the old justice of the peace system that was discarded long ago because of those kinds of abuses."

"It's simply something to oppress the people of Madison, especially black people," he said.

Garrett's newsletter talked about two tickets handed out



Don Garrett
County Board member

for illegal parking to Bishop Jesse King and Assistant Pastor Wade Newsome of the West Madison Apostolic Church.

He said the officer — who had earlier ticketed Garrett for illegal parking — was on a "crusade" to "clean up the town" and show "these black families who the real boss is."

Garrett also said that while this was going on, a nearby drug house was in operation and "went about their business as if they owned" the town.

The newsletter was reportedly published by "The Distinguished Committee to End Racism

"The city of Madison is here to work with the black community as well as the white community. The City Council has elected to clean up our town, and we've torn down more than 60 houses in the city that have been used by transients and in unhealthy situations."

John Hamm
Madison mayor

and Racial Dominance in the City of Madison, the Madison School District and the Madison Police Department," and listed Garrett as chairman.

On Monday, Garrett said the committee did not formally exist but that some West Madison residents have expressed concern about the situation.

Mayor John Hamm said the tickets were not issued vindictively and were not racially motivated.

"We're not out there to do that, we're out there to uphold city ordinances," Hamm said.

Hamm said he did not know the specifics of any of the cases.

"The city of Madison is here to work with the black community as well as the white community," he said.

"The City Council has elected to clean up our town, and we've torn down more than 60 houses in the city that have been used by transients and unhealthy situations."

He said the council wants residents to come into compliance. Hamm also said the city has not ignored drug dealers.

"We have a very good record on taking down drug houses," he said. "All towns have drugs. Our officers are working very hard to clean them up and get them off the corner."

Hearing Officer John Greco, who assessed Garrett's \$50 fine, pointed out that the charges against Newsome were dropped.

"Maybe the officer didn't see the yellow lines," he said. "They brought the picture in to me and I felt comfortable in dismissing. I weighed the ticket on its merit."

Greco said the other ticket still is outstanding because King did not appear at the hearing Saturday.

Neither King or Newsome could be reached for comment.

Mustang helping to corral dangerous highway drivers

By Becky Vollmer
Staff writer

The white Ford Mustang drivers set trailing them on the highway just might warrant a second glance, for first impressions may be deceiving.

By the time drivers realize the Mustang's driver is an Illinois State Police trooper, it could be too late. The blue and red lights hidden on the back of the passenger side sun visor might already be flashing.

The new Mustang and a souped-up, black Chevrolet Camaro have been patrolling Metro East highways. The pair is part of an 11-car fleet the state police uses to crack down on speeding or aggressive motorists.

"In all the stops I've made in this vehicle, I've had only one complaint about it," Trooper F.E. Smith said.

Smith drives the \$30,000 Mustang, complete with a powerful V-8 engine and dual exhaust.

"If it makes them slow down and makes them think twice, that's what it's all about," Smith said.

Motorists are getting a look at another of the state police's weapons. Over the Labor Day holiday, for example, troopers set up an "air trap" on Interstate 255 at the Madison-St. Clair county line.

Police issued 57 citations over a 2 1/2-hour period one day, said Trooper Ralph Timmins. Nearly 50 of them were given to motorists who were driving 80 miles per hour or higher, he said.

State police troopers have been strictly enforcing the "fatal five" to reduce the number of fatalities on Illinois roads. They are:

Driving too fast;
Failing to wear seat belts;
Following another vehicle too closely;

Driving under the influence of alcohol or other drugs;
Failing to place children in the appropriate restraint devices.

Troopers also are enforcing the agency's "zero tolerance" position on seat belt use, state police Col. Thomas Yokley said earlier this month.

Of the 18 people killed over Labor Day weekend in 1997, only three of them were buckled up, Yokley said.

Court system will help clean up Madison, city officials say

Continued from Page 1A

Under the new system, cases are settled in a city "court" before Hearing Officer John

Greco. Fines are set on a sliding scale, with larger fines levied for each appearance. The court hears cases for non-traffic offenses, such as parking and equipment violations, and city code

violations, primarily tall grass and weeds so far. The minimum fine is \$50 if paid before the hearing, however, the hearing officer can either dismiss the ticket, levy the original fine or

impose a higher fine according to the fee schedule. At Saturday's hearings, approximately 45 people appeared on about 150 cases. However, many cases involving people who did not

attend already had been dismissed because the problems had been corrected. "We just want them to come into compliance," said Greco. "We're not out to fine them. We want to give them an

opportunity to clean their yards up, clean their fence lines up, make the city look nicer. Greco said the city — like most other municipalities — has had ongoing problems with code violators.

"The city has in the past written nuisance tickets. They reach the courts in Edwardsville, by the time they get in front of the judge, it's 30 days. They ask for a continuance. By the time they set a court date it's 90 days," he said. "It was an ongoing problem. I believe at this level we can clear it up."

He also said violators have the option to appeal. In the case of police tickets, they can appeal to the chief of police and then to the county court system.

"I try to be as fair as I can," Greco said. "I take it; listen to them and make a determination."

He also said the city was serious about cleaning up. "If they want their grass to grow up to their butts, let them go back there (to where they came from)," he said. "We don't want it in the city. We're not going to put up with that."

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Obituaries

George Amisch Sr.

GEORGE AMISCH SR., 90, of Granite City died Saturday, Sept. 19, 1998, at St. Elizabeth Medical Center in Granite City. He was born Aug. 30, 1908, in Marietta, Penn.

Mr. Amisch retired from Granite City Steel as a furnace operator, was a member of Holy Trinity Serbian Eastern Orthodox Church and Eagles Aerie 1126, and was a former Johnny League baseball coach.

Survivors include his sons, George Amisch Jr. of Madison, Chris Amisch of Granite City, and Sam Amisch of Edwardsville; two daughters, Zora Kamm of St. Louis, and Catherine Gaumer of Granite City; four grandchildren; and one great-grandchild.

He was preceded in death by his wife, Mae Amisch; and his parents, Christ and Lathyn (Chesich) Amisch.

Services were Monday, Sept. 21, at Holy Trinity Serbian Eastern Orthodox Church in St. Louis with the Rev. Radomir Chikanovic officiating. Burial was in Mount Hope Cemetery in St. Louis.

Memorials may be made to the Holy Trinity Serbian Eastern Orthodox Church. Davis Funeral Home handled the arrangements.

Vera Erdakos

VERA (LANE) ERDAKOS, 76, of Granite City died Friday, Sept. 18, 1998, at her residence.

Mrs. Erdakos was born April 23, 1922, in Stewart County, Tenn.

Survivors include her sister, Lorraine Velsman of Granite City; two nieces, Kristie Mathis and Rene Perigo, both of Granite City; and three nephews, Denis Mathis, Mark Mathis, both of Granite City, and Kevin Mathis of Stewart County, Tenn.

There were no services. Burial was in Evergreen Cemetery in Chicago. Irwin Chapel handled the arrangements.

Bruce Jones

BRUCE D. JONES, 81, of Maryville, formerly of Granite City, died Friday, Sept. 18, 1998, at St. Elizabeth Medical Center in Granite City. He was born Oct. 29, 1916, in Detroit, Mich.

Mr. Jones was a conservation officer for the Michigan Department of Natural Resources.

Survivors include his daughter, Cynthia Jones of Maryville; and one brother, William Jones of Fairfield, Tenn.

There will be no services. The remains were cremated. Memorials may be made to the Southern Illinois University at Edwardsville Foundation — Cougar Basketball Endowment. Herbert A. Kassly Funeral Home handled the arrangements.

Pearl Kester

PEARL J. (TOOLEY) KESTER, of Granite City died Friday, Sept. 18, 1998, at St. Mary's Health Center in

Richmond Heights, Mo.

Mrs. Kester was born April 21, 1914, in Frisco, Ind. She had been a seamstress for Martha Manning Dress Factory and worked at Gilks and was a member of the Trinity United Methodist Church.

Survivors include her mother, Tessie (Cogate) Tooley; three daughters, Sara Duke of Phoenix, Ariz., Norma Kinder and Carolyn Kester, both of Granite City; six grandchildren; and six great-grandchildren.

She was preceded in death by her husband, Walter Kester; her father, Russell Tooley; and one brother, Edwin Tooley.

Services were Monday, Sept. 21, at Trinity United Methodist Church in Maryville with the Rev. Brian Caughlan officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

Harry Mavis

HARRY MAVIS, 93, of Glen Carbon, formerly of Collinsville, died Friday, Sept. 18, 1998, at Eden Village Care Center in Glen Carbon.

Memorials may be made to the Trinity United Methodist Church. Irwin Chapel handled the arrangements.

Frank Randazzo Sr.

FRANK C. RANDAZZO SR., 68, of Highland died Saturday, Sept. 19, 1998, at St. Joseph's Hospital in Breese.

Mr. Randazzo was born March 9, 1930, in St. Louis. He was a retired over the road driver with Pig Walsh Trucking and a member of the HBA and Teamsters Local 609.

Survivors include his wife, Ann (Gognibene) Randazzo; two sons, Joseph Randazzo of Kansas City, Mo., and Frank Randazzo Jr. of

Highland; six daughters, Mary Ann

Wren of Caseyville, Annette Grogan of Granite City, Rose Randazzo of Kansas City, Mo., Sandra Omelas of Chicago, Paula Randazzo of Belleville, and Rosanne Randazzo of Farmington, Mo.; sisters, Mamie Williamson of St. Louis, and Florence Sowling of Farmington, Mo.; three brothers, Joseph Randazzo of Granite City, Nick Randazzo of Bismark, Mo., and Sam Randazzo of Ironton, Mo.; 18 grandchildren; and three great-grandchildren.

He was preceded in death by his parents, Joseph and Rose (Benigno) Randazzo; and three sister, Francis

Muelier, Patricia Ray, and Rose-

marie Randazzo. Services were Tuesday, Sept. 22, at Her Funeral Home in Collinsville with the Rev. Joe Rascher officiating. Burial was in St. John Cemetery in Collinsville.

The Press-Record/Journal will

publish obituaries up to two weeks following the funeral services. Although most obituaries are received from local funeral homes, obituary notices can be sent to the newspaper at: Granite City Press-Record/Journal, 1815 Delmar, Granite City, IL 62040.

News

Wild Bird Feeding

from the experts at

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Where Beautiful Things Begin

What's the best time of year to start a bird-feeding hobby?

Any time

between January 1 and December 31 works just fine, but there's something special about this time of year.

By starting now, you can create an established feeding site well before winter sets in. And winter is when the birds need it most, since other food sources aren't all that easy to come by.

Attracting birds to your yard is both fun and fascinating. It's an excellent way for children to begin understanding nature and its wild creatures. Birds add a new dimension to the home landscape with their colors, songs and activities.

Wild birds greatly benefit from the feeding stations people set up for them. As natural bird habitats are becoming more scarce with each passing year, birds either have to come up with new food sources or leave the area entirely.

Feeding wild birds isn't expensive at all. Frank's has several types of feeders, from simple to elaborate and everything in between, so there's something for everyone. And a wide variety of quality, nutritious bird food is available too.

Birds have distinct food preferences, so the types you wish to attract will certainly influence your choice of food. If you don't really care which birds come around, you can go wrong with Frank's Wild Bird Food or Sunflower Seeds, since those foods appeal to nearly every type of bird.

Placement of bird feeders is of utmost importance. Naturally, you'll want them in a spot that offers easy viewing, but location can also affect the number of visitors. Many birds don't like to come to feeders in open areas, so they should be placed near

Wild Bird Feeding

from the experts at

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Placement of bird feeders is of utmost importance. Naturally, you'll want them in a spot that offers easy viewing, but location can also affect the number of visitors. Many birds don't like to come to feeders in open areas, so they should be placed near

Make sure you keep the feed dry and clean. Feeders should be cleaned regularly and any wet, moldy seed should be thrown out, since it can make birds sick. Bird food should be stored in a leakproof container, outside the home.

Wild bird feeding is sort of a commitment. Once you begin feeding them, you shouldn't abruptly cut their food off. If you do, especially during the winter, the birds may not be able to find an alternate food source fast enough.

Okay, we all know that an unavoidable situation or two can arise that will make bird feeding difficult or impossible, so it will become necessary to stop. However, try to do it as gradually as possible. This will give them a good fighting chance to find another feeding spot.

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CAT video highlights 300 years of history

By Jason White Staff writer

Three centuries of history will be the subject of a 30- to 45-minute video filmed at the Cahokia Courthouse next month.

Tom Belt, a member of the Cahokia Association for the Bicentennial's advertising committee, is planning to shoot the video at 3 p.m. Oct. 12. The video will feature St. Clair County Circuit Court Judge and CAT historian Jerome Lopinot holding forth on the village's history.

"He can talk for quite a while, I understand," Belt said jokingly.

Belt said the video will resemble a "fireside chat," with images of old pictures and artifacts superimposed over Lopinot's narrative.

The video will cost about \$1,000 to produce, a cost Belt hopes will be defrayed by sponsorship from local businesses.

Copies of the video will be available for a few dollars at Bicentennial events next year. Belt said he is also looking at getting the video aired on public access or by Channel 3, the local Public Broadcasting System station.

"The former art director for Channel 30 and an Emmy winner in 1989 for on-air graphics, Belt is using his television contacts and know-how to produce the video with professional sound and lighting techniques.

He is volunteering his time to work on the project. "I'm just looking forward to it," Belt said. "I think I can do a nice piece for them."

Belt's other ideas for next year's Bicentennial celebration include large banners with a "300" logo and billboard advertising.

As someone who has lived in Cahokia all his life, Belt said he wanted to help the village celebrate its heritage next year.

"I'm proud of the community," he said. "I think this is a great way to progress. A lot of people have mixed feelings and thoughts about Cahokia," he said. "I think this would be a good way to put us back on the map."

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Bridge facing brush

Continued from Page 1A

After this weekend, the bridge will be closed to the public while parts of it are being repainted. The reason for closing the bridge is that the old paint being removed is lead-based, and could create a health hazard.

The cost to attend Friday's fund-raiser is \$25; it will include music and dinner. For information, call Trainnet at 874-8554.

"It sort of snuck up on us," Trainnet office manager Kevin Keach said of the group's anniversary. "We didn't realize we were that old."

The Saturday open house is free.

This weekend was originally supposed to be the grand opening for the bridge, but because of delays that has been pushed back — probably to next spring.

"We're getting federal money, and there are just yards of red tape," Keach said.

When finished, the bridge — leased from the city of Madison — will be what Trainnet says is the world's longest pedestrian and

bicycle bridge.

The first phase of the project, basic repairs and safety features, was expected to be done by Sept. 26, but delays with the Missouri Department of Transportation had set that back.

The second phase includes amenities. Much of the funding for the second phase will come from the new transportation act passed last spring.

As part of the act, U.S. Sen. Kit Bond, R-Mo., included \$2 million for the second phase of the project. The federal money must be matched locally.

When the \$3.4 million renovation is completed, the bridge is expected to be the centerpiece to a more-than-100-mile-long trail system on both sides of the river known as the Confluence Greenway.

It is expected to include trails on both sides of the Mississippi from Alton to St. Louis, connections to the Vandalabene Trail north to Pere Marquette State Park, the Vandalabene Trail to Edwardsville, the Schoolhouse Trail to Troy and a connection to the Katy Trail in Missouri.

Race at Gateway provides fans with thrills

Continued from Page 1A

"It's awesome!" one fan said. He was one of a couple of hundred fans who gathered underneath the grandstands before the race for a rare treat.

Gateway and NASCAR officials decided to hold the drivers' meeting — a final, pre-race briefing that details the fine points of track and race rules — before the racing public.

Fans got to meet their favorite drivers, as well as track and NASCAR officials, face-to-face. Jimmy Hensley, driver of the Cummins Engine Company Dodge, was among those who stuck around to sign T-shirts, programs and ball caps. One fan, while Hensley was autographing his son's shirt, described Hensley as "the nicest guy in all NASCAR."

Fans Dan Mancini and Connie Langan, both of Springfield, agreed with that assessment. They had just gotten No. 43 to sign their program.

"There are not too many other sports where you can get this close to the athletes," Mancini said. They're working

"There are not too many other sports where you can get this close to the athletes. They're working folks just like the rest of us."

Dan Mancini
Racing fan

folks just like the rest of us."

The two said they were big racing fans. "Oh, yeah — we were here for the Busch series in 1997," Mancini said. While Langan has only recently become a fan, Mancini said he'd been following NASCAR since 1972. Their impressions of Gateway were typical of many fans who were there Saturday.

"This place is great. There're a lot of NASCAR fans in the Midwest," he said. The speed, the noise, and the crowds all play into a great time at the track, they said.

Track officials said Monday that things went well over the weekend despite some early weather problems. After a shaky start Thursday, when persistent rain caused the first day of

practice to be canceled, the sun broke through and gave them two days of good weather.

"I think it went well. It was a good race, and I don't think we had any problems," said Gateway President and General Manager Rod Wolter. One concern early in the race was the possibility that balloons from the Great Forest Park Balloon Race might interfere with the event.

In 1996, balloons from the race landed inside Gateway, which was under construction. Gateway officials had called the balloon race sponsors to warn them about the NASCAR race.

"It appeared they went straight north," Wolter said.

The Ram Tough 200 is the third of four major race events at the track this year. Wolter said they are gearing up for the second annual CARQUEST Auto Parts 250 NASCAR Busch Series race, set for Oct. 15-17.

"We'll have a lot more people here for that," Wolter said of the upcoming race, which attracted almost 90,000 fans last year. "It just makes everything a little busier."

Festival attendance declines from last year

Continued from Page 1A

"Every year we keep adding and adding (people); maybe we have hit our peak."

Hrabusicky said there wasn't any one thing to which he could attribute the lessened crowd. He said there were several area events also held over the weekend, such as racing at Gateway

International and the annual balloon races at Forest Park in St. Louis.

"And Mark McGwire was playing baseball, and a lot of people are paying attention to that," Hrabusicky said. "If it had been a home game, I'd blame the whole (crowd loss) on him."

One thing that wasn't a

factor was the weather. Rain, which had been a part of early forecasts, never came.

"Someone told me that proves that God is Italian and watches out for us," Hrabusicky said. But while the numbers were down, the event still drew more than 100,000 people to Collinsville.

"It's not to say the event wasn't a success," he said. "Everyone seemed pleased and that's the main thing. If it holds at that level, it's not a bad level to be at."

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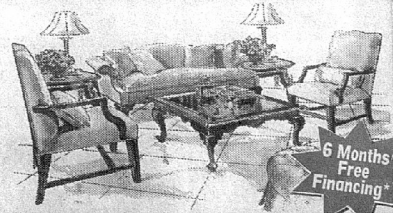
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News

Ill daughter drives woman's crusade against sickle cell

By Jason White
Staff writer

Half of all children with sickle cell disease will have a stroke before age 5. Children as young as 2 years must be given morphine to dull pain. In severe cases, patients gamble with their lives on bone marrow transplants.

All of these facts are at the fingertips of Stephanie D. Hudson, chief operating officer at the St. Louis Metropolitan Chapter of the Sickle Cell Disease Association of America.

The group's mission is to educate the public about sickle cell disease. The group conducts workshops and has a support group.

Hudson has a personal stake in the group: Her daughter has sickle cell disease.

"To think about my child being cured, I'd give anything," Hudson said. Sickle cell is an inherited blood disease that affects one in 375 Americans. Ten percent of the population can pass on the disease to their children, Hudson said. Most states have a law that requires that people born after 1969 be screened at birth for sickle cell disease, Hudson said.

"Sickle cell disease is not a priority in the United States. It is very difficult to get information from hospitals in Missouri or Illinois."

Stephanie Hudson

In sickle cell anemia, the most common form of the disease, red blood cells become deformed and cannot carry nutrients or oxygen to tissues and organs.

"In your tissues, this death process causes great pain," Hudson said.

The pain is often treated with narcotics, she said. But there are steps that can be taken to reduce the pain without drugs, Hudson said.

"For the vast majority, it can be helped, especially with the help of research now," she said.

For example, researchers at Washington University in St. Louis are working on a drug that removes the "tip" of a deformed cell, allowing it to move through the bloodstream.

"This is something they're looking at very positively," Hudson said.

Parents can also help by keeping children warm, making sure they get extra sleep and generally being aware of changes that might cause problems, Hudson said.

The association is now working on a record-keeping system for parents.

"When you live with a child that is chronically ill, you cover that child," she said. "There are issues you know about that the doctors can't see."

Hudson said it is often hard to get information about the disease. "Sickle cell disease is not a priority in the United States," she said. "It is very difficult to get information from hospitals in Missouri or Illinois."

In fact, many of the center's clients are from the Metro East, she said.

One of the center's new programs is a family and adolescent therapist who addresses problems that arise in families affected by sickle cell.

"Others in the household will be neglected," she said. "We have seen families drift apart."

Hudson also wants to form a club for teen-agers with sickle cell.

"There's a lot of anger in the adolescent community that has sickle cell disease," she said.

For information or to make a donation, call 1-888-361-2069 or write: Sickle Cell Disease Association of America-St. Louis Metropolitan Chapter, Kingsway Center, 1408 N. Kingsway, Suite 207, St. Louis, Mo. 63115.

County officials hope easier registration means more voters

By Paul Mackie
Staff writer

Less than three weeks remain for residents of Madison County to register to vote in the Nov. 3 general election.

The deadline is Oct. 6, and those who still need to register can do so at city, township and county clerk's offices, as well as libraries and school district offices.

With voter turnout continuing to decline, one of Madison County Clerk Mark Von Nida's goals is to make the voting process easier.

"People are putting such a premium on time in the '90s that they find it difficult to show up on election day," he said. "That's why I believe people like me need to be creative with ways to make it easier for people to vote."

"Last year in Madison County, we reached an all-time high of 163,000 people who registered to vote. But having the ability to vote doesn't always affect the actual turnout."

Von Nida said there will be 189 polling places in Madison County's 221 precincts and 16 local election officials conducting in-house absentee voting.

Absentee voters may vote as early as Oct. 12, but Von Nida said it's unfortunate Illinois voters are required to fill out an affidavit

explaining their reasons for not being able to vote Nov. 3.

"I really care about people making their choices known in a democracy," he said. Ballot referendums this year include:

- Should a \$3.3 million bond be issued to Glen Carbon for the purpose of financing start-up costs of a redevelopment project in Old Town along South Main Street?

- Should Edwardsville continue a system of staggered terms for aldermen?

- Should Edwardsville restrict the number of aldermen to seven, with one alderman representing each ward?

- Should Kendall Hill subdivision be annexed into Wood River?

- Should \$69 million in bonds be issued to the Unit 10 School District school board for the purpose of repairing and improving numerous schools in the district?

Polling places will be open throughout the county on Nov. 3 from 6 a.m. to 7 p.m.

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Walks for Women raises funds for breast cancer research

By Janice Denham
Staff writer

Inch by inch, the Walks for Women paces memories and sets a course of hope for the AMC Cancer Research Center.

This year's walkers will begin a one-mile or five-mile course between 8:30 and 11 a.m. Oct. 4. Their goal is to raise money for breast cancer research and education.

Participants often find it a concrete way to remember a friend or family member who has or had the ailment. Some participate as individuals, others on teams.

Among the 80 teams are several large ones, like those from TWA, Crane National Vendors and Lynda Castellano and Friends, who number as many as 100. Many are small groups, like the one participating for the second year to remember Mary Kuhl Luen, who died the summer

before the 1997 walk.

"It was basically for Mary, although we were remembering our mom, too, who died in 1991 of breast cancer," said Pat Dickman, Luen's sister.

About 10 people participated on the team, most of them Luen's sisters and nieces.

Because the illness has occurred in the family, some members have participated in studies of medications, hoping to deal with the problem.

"Our mother was older," Dickman said. "She was 77 and had it for 20 years. Mary just developed it in October and died in August, and was only 46 when she died."

It brought the family, originally 11 brothers and sisters, closer. Most of them live in north St. Louis County or St. Charles, so they walk at the closer site at Fontbonne College in Clayton. Our Lady

of the Snows in Belleville, Ill., also has a one-mile and five-mile route.

"It kind of woke us all up," Dickman said of Luen's illness. "She was always so positive about it, but do we really understand how serious this is?"

Luen experienced physical changes in her body but didn't take time to check them out immediately. She was busy with a move to Arkansas and starting a new job at the medical center for the University of Arkansas, where she later was treated.

Dickman said family members answer the wake-up call differently.

"Self-awareness is a good thing," she said. "If I get the disease, it shouldn't be because I wasn't watching for it. Stopping it at an earlier stage is very important. We all are being a little more alert and take better care of ourselves."

To enter a team of any size in the walk, join the Suburban Journals team or participate individually, call (314) 569-0500.

The walk is sponsored by Alliance Blue Cross/Blue



Roy Sykes photo
Some participants in the Walks for Women include, back row from left, Barb Kendrick, Lydia Dickman, Michele Kuhl, Dennis Kuhl, Angela Luen and Pat Dickman. In front, from left, are Samantha Dickman and Brittany Dickman.

Shield, Hardee's, KTVI-TV (Channel 2), KYY-FM (98.1), KEZK-FM (102.5) and the Suburban Journals. Teams of five or more are

eligible to win prizes according to donations collected. All registered walkers will receive a t-shirt.

East St. Louis author seeking to start airborne vets group

Floyd Jack of East St. Louis contributed articles on defense forces and his impressions of the National Guard for a new book, "Indiana Guard Reserve," by Col. Felix E. Goodson.

The book is available for \$12 softcover and \$25 hardcover from the Indiana National Guard Retired Association, 10369 Ruckel St., Indianapolis,

Ind. 46208. Jack, a former U.S. Army paratrooper who has served in a number of civilian and military capacities, also has been appointed as one of two Midwest directors of the American Airborne Association, a non-profit organization.

"I'm looking for any individual that might be interested in starting an organization of military airborne vets," Jack said. For information, call Jack at 261-2030 or write to 3092 Summit, East St. Louis, 62205.

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News

Candidates tout bill for retired officers

Continued from Page 1A

Co-sponsors in the House, including Rep. Glen Poshard, Democratic gubernatorial candidate.

Price said U.S. Rep. Jerry Costello was against the bill, but Costello said Monday that was not true.

"I'm in favor of the bill and would vote for it if Newt Gingrich would allow it to come for a vote."

Jerry Costello
U.S. representative

"I'm in favor of the bill and would vote for it if Newt Gingrich would allow it to come for a vote," Costello said Tuesday. The Republican House leadership has not yet scheduled the issue for a full vote.

"It's not surprising that Republican law enforcement officials have endorsed my Republican opponent for the Nov. 3 election," Costello said. "Where the Republicans and I disagree is on the federal community policing program. As a former police officer, I know the difference more police can make in our neighborhoods," he said.

With Costello's support, more than \$13 million in tax dollars has come back to the 12th district to hire 226 more officers in communities.

"Unfortunately, the Republican congressional leadership — to whom William Price has pledged his support — wants to kill this program," he said.

Price said more police doesn't always mean citizens are safe.

"It's evident from research and statistics that gun control does not work," Price said.

"Also it's common sense that law enforcement can't protect us 24 hours a day, seven days a week. Law abiding citizens need to have the ability to protect themselves.

"H.R. 218 is a step in the right direction," he said.

What's holding up other representatives from supporting the bill is new language in an amendment that would make it possible for citizens who possess permits in one state to carry into a second state, while residents in the second state may not be allowed to conceal carry.

The bill does not go so far as to create nationwide concealed-carry reciprocity, but it could open the door for mutual concealed-carry laws in more than half of the states.

Williamson County Sheriff Dennis Presley, who along with some of his staff was in Edwardsville Monday with Price and Hulme, said that this particular bill cuts across the divisions between both sides of the gun control issue.

"It's a common sense bill," he said. "They should be able to carry a weapon to protect themselves."

He said his father is a retired officer who still takes his oath to protect the public seriously.

Quite often, law enforcement officials oppose concealed-carry laws for private citizens, an issue both Price and Williamson said is best left to the states.

Current law states that once an officer crosses state lines the officer is no longer considered a law officer.

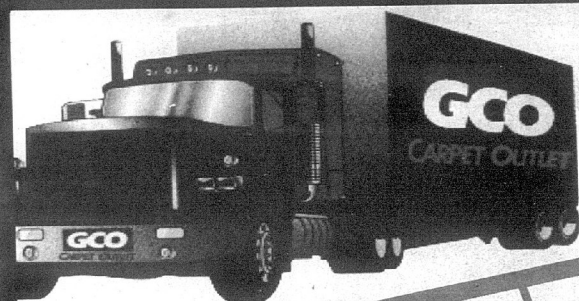
Williamson said, but H.R. 218 would have an effect on that.

Law enforcement and other organizations supporting the bill include the American Federation of State, County and Municipal Employees, the Illinois Police Pension Fund Association, the National Association of Police Organizations and the National Sheriff's Association.

"Law enforcement can't protect us 24 hours a day, seven days a week. Law abiding citizens need to have the ability to protect themselves."

Bill Price

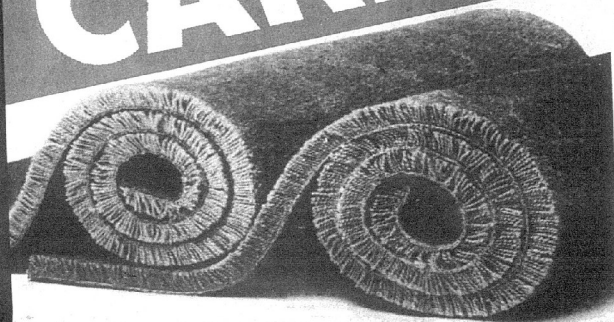
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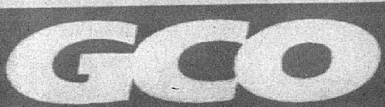


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Sports

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Cardinals expect big things from Little

Mark Little, the "player to be named" in the major league baseball trade that sent St. Louis Cardinals pitcher Todd Stottlemyre and shortstop Royce Clayton to Texas for pitcher Darren Oliver and third baseman Fernando Tatis, need not worry too much about making a late-season impression with St. Louis.



Art Voellinger

Sports Views

My bet is he will play winter ball somewhere and then report to spring training in 1999, where he will have to support the words of general manager

Wait, Jocketty, who told a radio interviewer recently of Little's future. "He can do so many things, play several positions and even pinch run. He has a chance to be a right-handed hitter and thrower."

A 1990 Edwardsville High graduate and second-team all-American in 1994 at the University of Memphis, Little has been among league hitting leaders in four years in the Rangers organization and at the Cards' Class AAA Memphis affiliate.

On Sept. 12, he started in right field in the Cardinals' 3-2 loss in Houston, where Randy Johnson struck out 11, including Little in the seventh inning on a called strike that was a high curve. If anything, the 26-year-old rookie learned quickly how major league umpiring works and showed much class by not responding to the ump's call.

Later, Little was as classy in a "Dugout Show" interview with Jack Buck when the former Texas League all-star credited his high school coaches, Tom Pile and Mike Waldo, and referred to his former teammate, Tim Funkhouser, as an able replacement for Pile.

As indicated in the interview, Little was flattered by Buck's remarks related to Tony LaRussa, who said: "He could be a fourth outfielder for any team in the major leagues."

On Sept. 16, Little got his first big-league hit — a single in a victory over Pittsburgh. Here's hoping that's the first of many for Little as well as wishing him the best Nov. 21 when he weds Charly Lantz of Edwardsville.

Extra Innings

During the American Legion baseball season, I enjoyed speaking with



Tim Stephenson photo

Granite City's Corey Winfield (right, against Edwardsville last week) missed Saturday's game but was back in the lineup for the Hazelwood (Mo.) Central Tournament.

Warriors nip Francis Howell

Smith's late goal lifts Granite City to dramatic victory

By Rick Broome
Staff writer

Without the services of four key players, Granite City managed to go into enemy territory and post a 2-1 victory against St. Charles County (Mo.) Francis Howell, one of the top-ranked teams in the St. Louis area.

Mike Smith took a cross off the right side from Jason Hileman and headed in the game-winner with less than two minutes to play in the game.

"We felt like we had the better of the play throughout the game," Granite City coach Gene Baker said.

Senior forward Dave Margrabe had given the Warriors the lead in the 49th minute.

"In a way, it was a typical Margrabe goal," Baker said. "He gets a good through pass from Mike Smith and shot from about 12 yards away."

Francis Howell scored their lone goal on a penalty kick in the 60th minute, setting the stage for the Hileman-to-Smith heroics.

The loss dropped Francis Howell's record to 7-1.

Keeper Brandon Williams was again the answer for Granite City, now 6-2-2 on the season.

"Brandon was outstanding. He played fantastic," Baker said. "Outside of a penalty kick that we thought came out of the blue, he

BOYS SOCCER

Flyers use big plays to top Ironmen

East St. Louis improves its record to 4-0

By Bryan Bloodworth
Correspondent

East St. Louis used some big plays to break Normal Community High during

PREP FOOTBALL

Saturday's battle of previously unbeaten football teams.

George Mumphard raced 60 yards with a punt return in the final minute of the first half for a touchdown and Darris Jones scampered 48 yards for a TD in the third quarter as the Flyers posted a 19-6 victory at Truman Keys Field in Normal.

"You have to tip your hat to East St. Louis, because they are a very good team. You could very easily see them over there later in the year," said Normal Community coach Iud Venerable, pointing to Illinois State's Hancock Stadium where the state finals will be played in two months.

Normal Community's defense was in fine form Saturday, but a sluggish offense and poor execution by the special teams cost the Ironmen (9-1).

East St. Louis, the state's No. 2-ranked team in IHSAA Class 5A, is undefeated in four games.

Mumphard, who is drawing attention from NCAA Division I schools, returned two punts for 99 yards and intercepted two passes.

Mumphard's 60-yarder

with just 43 seconds remaining in the first half forced a 6-8 deadlock and swung the game's momentum to the Flyers.

Mumphard lulled the NCHS punt team into thinking he was not going to return the punt. He watched it nearly roll to a stop before scooping it up and running untouched down the ironmen sidelines for the score.

"I saw their player start to slow up, like I was going to let the ball come to a stop," Mumphard said. "But I knew I was going to pick it up and run with it all the time."

"I could see our blockers had done a good job of setting up an alley for me on the outside. I just picked up the ball and took off."

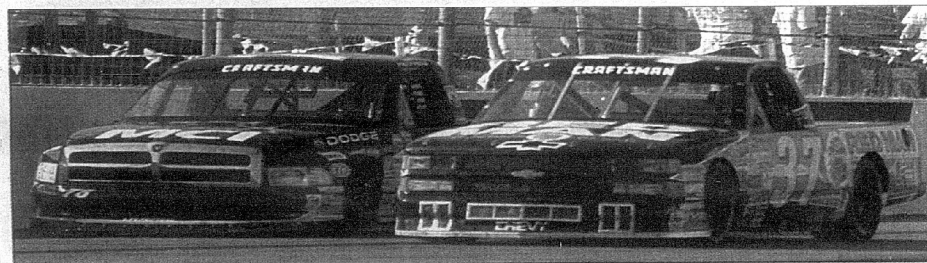
Venerable agreed that play changed the game's momentum.

The seemed to swing things their way after we had done such a good job of containing them in the first half," he said. Venerable's team had limited the Flyers' potent offense to 30 yards in the first half.

East St. Louis coach Terry Hill pointed to Jones' 48-yard touchdown run — which put the Flyers ahead for good at 13-6 with 7:30 left in the third quarter — as another momentum play.

The Flyers were faced with a fourth-and-3 situation at the NCHS 48 when Hill made the decision to go for

Carelli wins NASCAR Craftsman Truck Series stop at Gateway



Tim Stephenson photo

By Rick Broome
Staff writer

Rick Carelli, known as the "High Plains Drifter" on the NASCAR Craftsman Truck Series, had been high and dry for more than two years. No more.

Taking the lead from defending series champion Jay Sauter on lap 118, Carelli had to outduel 1996 champ Ron Hornaday and Sauter in the final 10 laps Saturday at Gateway International Raceway to claim victory in the inaugural Missouri-Illinois Dodge Dealers Ram Tough 200.

Carelli, a Denver resident, took his Re/Max Chevrolet to victory lane for the first time

The NASCAR Craftsman Truck Series made its first appearance at Gateway International Raceway on Saturday.

See CARELLI, Page 4B

See BALTZ, Page 2B

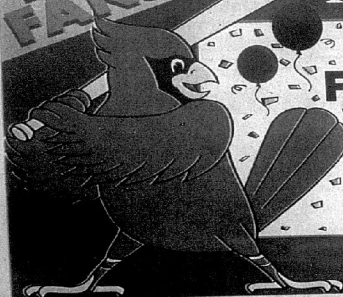
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Sports

Boone Valley Classic gives fans a way to to help out charities

While the winner in next week's Boone Valley Classic takes home a nice check for playing well, another nice check goes out to people doing good things — St. Louis charities.

Since the tournament's inception in 1996, the Boone Valley Classic Foundation has donated more than \$300,000 to St. Louis area charities.

A number of additional fundraising programs have been introduced in 1998 to

expand the tournament's giving within the St. Louis region, including a Birdies for Charity program.

Participants make a pledge for each birdie made by professionals during the tournament's three rounds. Seven-hundred-and-fifty birdies were made during the 1997 tournament. All donations are 100 percent tax deductible.

Participants in Birdies for Charity can win a golf

vacation for two to Beaver Creek, Colo., if they correctly guess the number of birdies made in the tournament.

Pledges may be made by calling MetroTix at (314) 534-1111 or the tournament office at (314) 991-6743.

The Boone Valley Classic is a Professional Golfers' Association Senior Tour event held at Boone Valley Golf Club in Augusta, Mo., Sept. 25-27.

Baltz baseball legacy includes 1914 congressional game

Continued from Page 1B

Russell Baltz of Millstadt, the father of Belleville Senior Legion coach Tom Baltz and grandfather of Illinois first baseman Todd Baltz.

What Russell relayed to me was that his father, the late William N. Baltz of Millstadt, not only was a Democratic congressman but, also pitched

professionally in the St. Louis Browns' and Cardinals' minor league systems.

Apparently, the former Millstadt Township supervisor also swung the bat well, as noted by the Sept. 12, 1914, Washington (D.C.) Post that credited him for his role in the Democrats' 16-9 victory over the Republicans in the congressional game once played annually in our

nation's capital.

The Post's verse: "Three men were on; two men were out. Baltz sloped to the plate midst a mighty shout. Calmly and coolly he looked at the ball. A swing drove it to the right field wall. Three men scored with the speed of a bird. While 'Cleanup Bill' pulled up at third. Joy reigned supreme in Democracy's camp. The Republicans cried, 'Bill Baltz is a scamp.'"

DOBBS Cardinals Team of the Week



Gold medalists

The Lindenbusch Bombers under-13 soccer team from Waterloo won the gold medal for the second year in a row at the 15th annual Prairie State Games, June 26-28 at SIU-Edwardsville. Pictured are (from left to right): In front — Eddie Davis, Jason Siedle, guest player Ryan Neighbors, Justin Schmidt, Mike Richards, Timmy Augustine, Andy Brand and Ryan Weis; In back — coach Gianni Iannozzo, Jason Rhinecker, Nick Garner, Kyle Row, Kyle Hency, Alex Welsch, guest player Phillip Rodriguez, guest player Trevor House, Chris Mosbacher and coach Gary Hency.

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Flyers defeat Ironmen with big plays

Continued from Page 1B

the first down rather than punt. "I figured (the NCHS defense) would overload the wide-side of the field," Hill said. "So we went the other way and Darris was able to get outside of their defense."

"We were just trying to get the first down, but Darris did a good job of getting outside. If they had stopped us and we hadn't made that play, the momentum probably would have gone

back their way."

The Flyers scored their final touchdown with 1:23 left in the third quarter when Rodney Vaughn ran 5 yards with a NCHS fumble after a 44-yard punt by Kevin Anderson. NCHS had a chance to score in the fourth quarter, but quarterback Brian Byquist fumbled at the East St. Louis 4 and the ball scooted out the end zone before either team gained control, resulting in a touchdown and giving the Flyers the ball.

The Ironmen had taken a 6-0 lead at

the 8:53 mark of the first quarter when Kiel Foster scrambled 39 yards for a touchdown.

NCHS finished with 202 yards in total offense, while limiting the East St. Louis to just four first downs and 171 yards (all via rushing). Jones led all rushers with 131 yards on 24 carries.

"We had the opportunity early on offense to get some points and didn't capitalize," said Venerable. "We're still struggling offensively when we get inside the 50."

Edwardsville puts a damper on Alton's visit

By Greg Shashack
Staff writer

Alton coach Bob Shannon stood in the quagmire at the Edwardsville Sports Complex on Friday night

PREP FOOTBALL and gazed toward each end

zone expecting to see an ark under construction. With the automatic sprinklers inadvertently allowed to run unchecked during a week that brought steady rain, a Thursday flood resulted in Friday mud on rain-free day in Edwardsville.

But the deplorable field conditions did nothing to slow the Edwardsville Tigers, who repeatedly blitzed Alton with big plays on their way to a 45-0 Southwestern Conference victory.

Edwardsville, which plays at East St. Louis this Friday, improved to 4-0 and 2-0 in the SWC.

Alton dropped to 0-4 and 0-2 and returns to Public School Stadium to take on Belleville West this Friday.

"We came down here hoping to do some things, but due to the 'rain,' we had a little problem," Shannon said. "The ball got wet. We were slipping, we were sliding. But they played on it too. They've got a different type team than we do; they're a running team."

we're a passing team.

"We've thrown the ball pretty well against everybody, but on a 'rainy' night like this, it was kind of difficult to get it going."

The Tigers had no such problem. Tailback Travis Evans, who lived in Alton until moving to Edwardsville in the seventh grade, scored on touchdown runs of 58, 58 and 42 runs to lead the Tigers' rout.

"It's always special to me when we play Alton because I grew up with a lot of those fellas," said Evans, a junior who rushed for a career-high 221 yards on just eight carries. "I always look forward to playing them."

While Evans, who has 546 yards rushing in four games, broke loose for three long TD runs, he wasn't the only Tiger turning in big plays against the Redbirds. Quarterback Matt Allaria scored on a 58-yard run off the option and the Tigers intercepted Zach Woolley twice and scored on both picks.

Marc Riesenberger returned an interception 73 yards for a TD to give the Tigers a 14-0 lead late in the first quarter, and Darwin Scott returned his interception 70 yards to account for the Tigers' final TD with 8 minutes 49 seconds left in the game.

Edwardsville led 31-0 at halftime after rolling up 282 yards rushing on just 18

carries. Allaria also hit Derek Appel, who made a leaping catch in the end zone, for a 13-yard TD in the first half.

Lancers blank Maroons

Whether it's fumbles, interceptions or penalties, mistakes and missed opportunities continue to plague the Belleville West football team.

Three first-half turnovers by the Maroons led to three Belleville East touchdowns as the Lancers coasted to a 27-0 victory Friday night at Township Stadium.

The Lancers improved to 3-1 overall and 1-0 in the Southwestern Conference, while West (0-2 in the SWC) is still looking for its first win.

"We're 0-4 and we keep doing the same things," said Maroons coach Larry Betz. "I give the kids a lot of credit. I thought we played with intensity, but mistakes and penalties keep putting us in a hole."

The turnovers started early for West, as East's Neil Beckett returned an interception 27 yards to the Maroons' 14-yard line. Two plays later, Lancers junior Eugene Richmond scored on an 11-yard touchdown run.

A fumble recovery by East's Andy Schutzenhofer late in the first quarter led to a 14-yard touchdown pass from Tony Patterson to Dan McCrary on the first play of the second quarter.

The Lancers increased their lead to 20-0 with 2:49 to play in the first half on a 13-yard run by Dan Rousseau. The five-play, 39-yard drive was set up by a fumble recovery by Dan Ganey.

"We've talked about coming out ready to play, and the last couple weeks, the kids have understood that," said East coach Mike

McGinnis. "We had a lot of intensity. I don't think they got into our end of the field in the first quarter."

Since a season-opening loss to Moline, the Lancers have outscored their opponents 102-13.

"I was really pleased with the way our offense went. We were able to take the ball and move it down the field," McGinnis said.

"They lined up the way I expected them to, so we had to run between the tackles and the line was up to it."

West's frustration level increased as the game went on. Midway through the fourth quarter, the Maroons got the ball at East's 13-yard line after a bad snap on a Lancers' punt. But on the next play, quarterback Chris Davis and running back Ed Malone collided in the backfield, and the Lancers recovered the fumble.

In its final possession of the game, West had a first down at East's 4-yard line, but couldn't score in four attempts, as the Lancers recovered a fumble in the end zone on a fourth down and goal from the 1.

"We put together a few nice drives, but we self-destructed," said Betz, whose team had eight fumbles and lost the ball four times. "We have a ball-control offense because we can't throw the ball that well. We have the tools to do that, but we kept shooting ourselves in the foot."

"In the second and third games of the season, we had no fumbles at all and we had no turnovers last week (against Collinsville). It was warm tonight and the ball was slick. Having a dry ball in all the time would have helped, but it wasn't the only thing."

Prep football

ALTHOFF
Coach: Glenn Schott
(1-3)

28 at Oak Park Fenwick..... L 6-35

September
4 at Belleville West..... W 34-13
11 at Cahokia..... L 17-21
19 Mayfield (Ky.)..... L 0-24
25 at Metamora..... 7:30 p.m.

October
2 at Cape Girardeau (Mo.) Central..... 7:30 p.m.
9 Jackson (Mo.)..... 7:30 p.m.
16 at Poplar Bluff (Mo.)..... 7:30 p.m.
24 Springfield Sacred Heart Griffin..... 1 p.m.

ALTON
Coach: Bob Shannon
(0-4)

29 at Chicago Hubbard..... L 18-50

September
4 Quincy..... L 20-42
11 East St. Louis..... L 28-41
18 at Edwardsville..... L 0-45
25 Belleville West..... 7:30 p.m.

October
2 Sikeston (Mo.)..... 7:30 p.m.
9 Collinsville..... 7:30 p.m.
16 at Granite City..... 7:30 p.m.
23 at Belleville East..... 7:30 p.m.

BELLEVILLE EAST
Coach: Mike McGinnis
(3-1)

29 at Moline..... L 7-21

September
4 at Cahokia..... W 27-0
12 St. Louis DeSmet..... W 48-13
18 Belleville West..... W 27-0
25 at Collinsville..... 7:30 p.m.

October
2 Granite City..... 7:30 p.m.
10 East St. Louis..... 1:30 p.m.
16 at Edwardsville..... 7:30 p.m.
23 Alton..... 7:30 p.m.

COLLINSVILLE
Coach: Tim Kane
(4-0)

28 Civic Memorial..... W 34-7

September
4 at Mascoutah..... W 40-24
11 at Belleville West..... W 32-13
18 Granite City..... W 28-16
25 Belleville East..... 7:30 p.m.

October
2 East St. Louis..... 7:30 p.m.
9 at Alton..... 7:30 p.m.
16 Cahokia..... 7:30 p.m.
23 at Edwardsville..... 7:30 p.m.

EAST ST. LOUIS
Coach: Terry Hill
(4-0)

30 at Chicago Simeon..... W 20-8

September
5 at St. Louis Summer..... W 41-22
11 at Alton..... W 41-28
18 at Normal..... W 19-6
25 Edwardsville..... 7:30 p.m.

October
2 at Collinsville..... 7:30 p.m.
10 at Belleville East..... 1:30 p.m.
16 at Belleville West..... 7:30 p.m.
23 Granite City..... 7:30 p.m.

EDWARDSVILLE
Coach: Tim Dougherty
(4-0)

28 Millington (Tenn.) Central..... W 46-16

September
4 St. Louis Naval Jr. ROTC..... W 34-7
11 at Granite City..... W 14-0
18 Alton..... W 45-0
23 at East St. Louis..... 7:30 p.m.

October
2 Belleville West..... 7:30 p.m.
10 at Springfield (Mo.) Glendale 1 p.m.
16 Belleville East..... 7:30 p.m.
23 Collinsville..... 7:30 p.m.

GRANITE CITY
Coach: Nick Petrillo
(0-4)

28 at Cahokia..... L 14-28

September
4 O'Fallon..... L 15-31
11 Edwardsville..... L 0-14
18 at Collinsville..... L 16-24
25 Waynesville (Mo.)..... 7:30 p.m.

October
2 at Belleville East..... 7:30 p.m.
9 Belleville West..... 7:30 p.m.
16 Alton..... 7:30 p.m.
23 at East St. Louis..... 7:30 p.m.

HIGHLAND
Coach: Mike Hooker
(3-1)

28 at Carlinville..... W 25-0

September
4 Mount Zion..... W 27-12
11 at Centralia..... W 32-12
18 at Carlinville..... L 13-24
25 Triad..... 7:30 p.m.

October
2 at Jerseyville..... 7:30 p.m.
9 at Waterloo..... 7:30 p.m.
16 Mascoutah..... 7:30 p.m.
23 at Paris..... 7:30 p.m.

MASCOUTAH
Coach: John Zerjal
(1-3)

28 at Mount Vernon..... L 7-28

September
4 Collinsville..... L 24-40
11 at Robinson..... L 13-26
18 at Triad..... W 19-12
25 Jerseyville..... 7:30 p.m.

October
2 at Waterloo..... 7:30 p.m.
9 Civic Memorial..... 7:30 p.m.
16 at Highland..... 7:30 p.m.
23 Chatham Glenwood..... 7:30 p.m.

METRO EAST LUTHERAN
Coach: Todd Bentz
(0-3)

29 Dugger (Ind.)..... L 0-8

September
11 at Winfield (Mo.)..... L 21-23
18 at Orchard Farm (Mo.)..... 45-7-41
26 St. Louis Principia..... 1:30 p.m.

October
3 at Missouri Military Academy..... 1:30 p.m.
9 at Elkville..... 7:30 p.m.
17 St. Louis Aquinas-Mercy..... 1:30 p.m.
24 St. Charles (Mo.) Lutheran 2:30 p.m.

O'FALLON
Coach: Gary Bridell
(3-1)

28 at Belleville West..... W 24-0

September
4 at Granite City..... W 31-15
11 St. Louis Univ. High..... L 14-48
18 at Mount Vernon..... L 7-24

TRIAD
Coach: Paul Bassler
(1-3)

28 at Marion..... L 0-40

September
4 Effingham..... W 15-12
11 at Mount Zion..... L 13-27
18 Mascoutah..... L 12-13
25 at Highland..... 7:30 p.m.

October
2 Civic Memorial..... 7:30 p.m.
9 at Jerseyville..... 7:30 p.m.
16 Waterloo..... 7:30 p.m.
23 Mater Dei..... 7:30 p.m.

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Sports

Warriors score late to defeat Howell

Continued from Page 1B

was near impeccable. "He was very stable on their attack. His positioning was good, he distributed the ball well. And he did it on an incredibly muddy field."

The Granite City lineup was also a bit murky due to recent circumstances.

Senior midfielder standout Corey Winfield missed the game after accumulating his fourth point of the season (on yellow cards). He was scheduled to return to action Monday night. Defender Andy Ronk played the first two minutes, but then had to sit with a foot injury.

Midfielders Ian Kessel and Brad Hutchings missed the game Saturday and were suspended for two more for an off-the-field incident. Nathan Nichols, Justin Stone and Mike Smith later admitted involvement in the incident and will miss three games.

With their absences, Baker was looking for some players to take key roles. "Hileman had by far his



Granite City's Mike Smith (right, wearing No. 19) scored the game-winning goal Saturday against Francis Howell.

best contribution, marking and making tackles out of midfield," Baker said. "He made a nice cross and Smith headed it in for the winner."

"Steve Hendrickson played his best game of the season. Nichols had a start Saturday and played well. He played in the midfield, marking a good player, and he did fine."

With the suspensions, the Warriors are going to have a shortened bench and limited options for substitution — particularly in the midfield for this week's Hazelwood (Mo.) Central tournament.

Pool play in the tournament began Monday and ends today. The tournament playoffs are Friday and Saturday.

"Obviously, we are going to be short-handed and we'll have to make some adjustments," he said.

"Steve Hendrickson will start, and Josh Peacher will return to play. Corey's suspension will be over. Jason Hileman will get a very well-deserved start."

"We brought up Rich Edwards, Neil Loftus and Nathan Slate from the junior varsity team."

Granite City faced St. Charles County (Mo.) Duchesne on Monday and St. Louis County Roseary on Tuesday. It plays Belleville Althoff today in pool play, 6 p.m. at Roseary in north St. Louis County.

"Hutchings and Kessel are eligible to come back for Wednesday's game," Baker said. "The other three guys can play if we advance to the next round."

"We were able to get by Saturday, but now it's going to be much tougher. Some young guys are going to have to step in and step up."

Carelli victorious at Gateway International

Continued from Page 1B

since 1996, when he scored a victory at Bristol, Tenn.

"The first win is sweet, but this may be even better," said Carelli, who won \$48,175 after beating Hornaday by just .351 seconds. "These are times that you have to savor."

Carelli was side-by-side with Sauter, the West Salem, Wis., driver who finished second the previous Sunday in Memphis in a shootout with Hornaday. Carelli got past Sauter's GM Goodwrench Chevrolet. Then came Hornaday, who is fighting to regain the points title he owned in 1996. Hornaday put the move on Sauter as he did to win the Memphis race, then closed on Carelli with five laps to go. On the final lap, he tried a move inside, but Carelli held him off.

"I found a line in turns one and two that I don't think anyone else had found," Carelli said. "I was able to get in tight, drift up and really gain on the straights. I knew Ron couldn't do that in the corners, and I know he likes to press you until you give up the inside. I wasn't going to do that today. If Ron was going to beat me, he was going to beat me outside. But we've raced for years on the (NASCAR Featherlite) Southwest Tour, and he raced me clean all day. I know that's going to happen."

About the only time that the fun-loving Hornaday hoodwinked Carelli was on the victory podium, when he handed Carelli his runner-up trophy, and he and Sauter grabbed bottles of champagne to douse the champion before he could react.

"If it had been anybody but Rick Carelli, I would have got him sideways to get past," said Hornaday, the Palmdale, Calif., veteran pilot of the NAPA Chevy. "He had a great truck today, an awesome run." For much of this year, Carelli has struggled. He entered the Ram Tough 200 in

13th place in the points standings after finishing seventh a year ago. Earlier this week, he switched crew chiefs, promoting Rick Haygood while getting help from Sauter's Richard Childress Racing crew as well.

But Carelli started this 160-lap event in fourth, took the lead at the midway point of the race, and then stalked Sprague until a caution period came out on lap 116. Sprague, who had troubles with tires and his engine late in the game, slipped back and eventually finished fourth.

"I thought we would have had this one had the last yellow not come out," said Sprague, of Spring Lake, Mich. "The (Hendrick Motorsports GMAC Chevrolet) is full of oil. I don't know when we lost something. It did it fairly early and the truck vibrated something terrible all day. I guess fourth is a present."

Hornaday (3,323) moved to within just five points behind Sprague (3,318) with five races to go in the season.

Tom Hubert of Cottonwood, Calif., was the surprise fifth-place finisher, followed by Jimmy Hensley of Ridgeway, Va., who rallied Richard Petty's Cummins Dodge to sixth after qualifying deep in the field. It was the best finish of the day by a Dodge, and was Hensley's 11th top-10 finish in 14 starts.

St. Louisian Mike Wallace, who struggled to the 19th qualifying spot on Friday, watched his crew hurriedly change engines after the morning warmup. He finished eighth in the event. The result left him in ninth in point standings.

"The team kept us in the race all day with their pit stops," Wallace said. "They were awesome in the pits. However, the day belonged to Carelli."

"You don't know how good this feels," he said. "We had a great truck. I do know how to drive these things. Today proved it."

Granite City Park District seeks coaches, volunteers for basketball league

The Granite City Park District is in need of coaches for the new third- and fourth- and fifth- and sixth-grade basketball programs. Team competition will be played on Saturday morn-

ings and afternoons at Coolidge Middle School beginning in November. Coaches are invited to enroll teams as well as individual players.

Registration is underway

for boys and girls in grades 3-6. The cost for the 14-week program is \$25 for residents of the Granite City Park District and \$35 for non-residents. Call the Wilson Park office at 877-3059 for more

information.

Volunteers are needed to assist with the new instructional basketball program for boys and girls in second grade. The 14-week program will be hosted by Coolidge Middle School each Monday evening, 7-8 p.m. Call the Wilson Park office at 877-3059 for more information.

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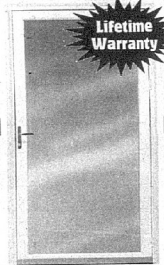
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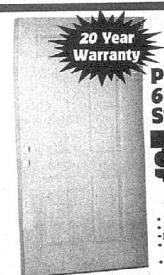
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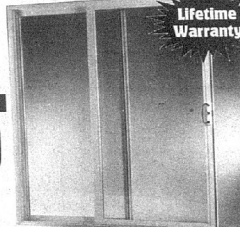


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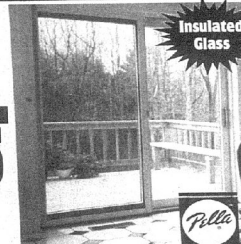


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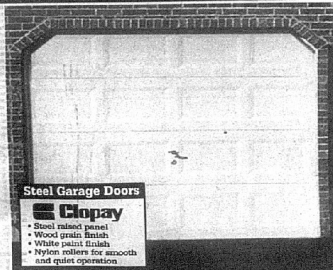
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Event of the Year!

'One True Thing' sensitive film about caring for ill parent

Ellen Goulden works as an investigative reporter for *New York* magazine and is hot on the trail of a U.S. senator tainted with scandal. Ambitious and talented, she loves her job and the Manhattan apartment she shares with her boyfriend. But now a family crisis forces her to move back to her hometown and face the parents she has never understood. Adapted by Karen Croner from Anna Quindlen's novel, "One True Thing" goes beyond the responsibilities of sons and daughters to the previous generation. It also poses the question: Do we really know what kind of people our parents were? The care of ill parents

concerns a growing number of Americans. Never has the issue been presented with greater sensitivity than in "One True Thing," a film by Carl Franklin.

When Ellen (Renée Zellweger) suddenly returns to Langhorne, she seems to enter the time warp of a Frank Capra town. Everything looks freshly scrubbed, the citizens are cheerful and gulleible.

The situation at home disturbs Ellen. Her mother Kate (Meryl Streep) seems almost pitiful in her devotion to a ladies' clique dedicated to making holidays enjoyable for the town's kids. To Ellen, Kate appears the quintessential cake-baking,

The care of ill parents concerns a growing number of Americans. Never has the issue been presented with greater sensitivity than in "One True Thing."

Christmas tree-decorating housewife and mother.

College professor George Gauden (William Hurt) is perceived by his daughter as cold, aloof, more devoted to midterms than to his wife's care. Ellen suspects that his relationships with female students are more than

academic.

Less visible is Ellen's brother Brian (Tom Everett Scott), who has flunked out of Harvard and fears his father's wrath.

The elements of "One True Thing" might fit into a TV movie-of-the-week, except that it is flawlessly acted, and

directed and written with rare insight.

Choosing Franklin as director required imagination, since his previous films had been hard-boiled crime tales. "One False Move" and "Devil in a Blue Dress." He comes through brilliantly, touching the heart in scene after scene.

As the ailing wife and mother, Miss Streep delivers an astonishing performance, among the best in a superlative career. At first Kate seems frivolous in her devotion to making Halloween costumes and Christmas decorations. Later Ellen perceives a wisdom that she never suspected in her mother. Save another Oscar berth for Miss Streep.

Hurt's self-absorbed college professor offers less accessibility, but he also provides a surprise for his daughter. It is a deeply intelligent performance.

To Renée Zellweger fell the burden of witnessing the events and evolving from resentment to love and appreciation.

Best known for her role opposite Tom Cruise in "Jerry Maguire," she instills extraordinary depth in her role as Ellen.

The Universal Pictures release was produced by Harry Ulfand and Jesse Beaton.

— Associated Press

Horoscope

WEDNESDAY, SEPT. 23

The sun begins its journey through Libra today, and so begins a heightened awareness of justice and balance in our lives. Partnerships of all kinds are emphasized, and work done with a companion is enjoyable. With the moon newly deposited in Scorpio, romantic attraction toward the opposite sex will be strong and hard to ignore.

ARIES (March 21-April 19): You think even the most daunting task is a cinch. Romantic potentials will make you work for the love you want. Even if it is inconvenient now, make payments punctually. Your reputation is more important than you think.

TAURUS (April 20-May 20): You are happier now because you know how to strike a balance between your professional role and personal life. Investigate the most remote corners of your life for inspiration. Avoid promises you cannot keep.

GEMINI (May 21-June 21): Your practical nature serves you well, as impulsive people try to steer you in a different direction. Take a moment to get your thoughts together before acting. The faintest hint of romance alters a work relationship.

CANCER (June 22-July 22): You deserve relationships you can count on. Don't put up with a lover who is consistently indecisive. You can act more effectively on your own. Don't let others hold you back.

LEO (July 23-Aug. 22): If you are acting on someone else's behalf, accept only the proven facts. Mood swings stem from lack of sleep or too many commitments. Stop and catch your breath this afternoon — you could run into an ex while you're relaxing.

TODAY'S BIRTHDAY: Keep track of this year's events — you'll be looking back to see where you went right! Success comes naturally in the next seven weeks — you make a terrific first impression. Small investments will have solid returns in November and December. Be enthusiastic with your friends; they'll feature you in exciting projects. Your love life thrives.



Joyce Jillson

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In February, likely with a Pisces or Sagittarius.

VIRGO (Aug. 23-Sept. 22): The same thing that drives you mad is what attracted you to a lover in the first place. Ask yourself what you get out of a frustrating situation. Seeking guidance means you are strong, not weak.

LIBRA (Sept. 23-Oct. 23): Your job improves drastically when you apply a bit of ingenuity. A new love is found when you enjoy something you haven't experienced in a long while. An Aquarius or Gemini waits for you to come around.

SCORPIO (Oct. 24-Nov. 21): If you don't reveal too much about yourself, your allure is mysterious and intriguing. Try to relax a friend who is concerned about living up to your standards. Your generous spirit will ease others tonight.

SAGITTARIUS (Nov. 22-Dec. 21): You've got the right idea about a new acquaintance, but don't express negative thoughts unless you have evidence. Get your records in order this afternoon — be pre-

pared for a lucrative business rush.

CAPRICORN (Dec. 22-Jan. 19): Others try to push you but tons, but it's a test — keep your jealousy at bay. Physical attraction is so strong in the workplace that you just may be swept off your feet. Renting temporarily is better than buying, for now.

AQUARIUS (Jan. 20-Feb. 18): Let go of a long-held belief that has hindered you. A little decadence is good for your soul. You are a winner on the job front if you can find less roundabout methods for completing daily work.

PISCES (Feb. 19-March 20): You are more stimulating to others when you challenge yourself intellectually. A loved one truly has your best interests at heart, though what he or she asks of you seems difficult.

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Movie schedule

Film timetable for Wednesday, Sept. 23. For times on other days or to confirm these times, check local theaters.

CARMIKE PETITE 1-70 and Hwy. 157, Collinsville, Ill. 344-1708

Blade (R) 7:10, 9:40

Rush Hour (PG-13) 7:00, 9:15

There's Something About Mary (R) 7:15, 9:45

Ever After (PG-13) 7:05, 9:15

EASTGATE CINE Eastgate Plaza, E. Alton, Ill. 254-5289

Rounders (R) 4:50, 7:30

There's Something About Mary (R) 4:10, 7:15

Rush Hour (PG-13) 4:20, 6:45

One True Thing (R) 4:50, 7:00

Ever After (PG-13) 4:40, 7:00

Blade (R) 4:30, 7:10

Ever After (PG-13) 4:40, 7:00

Blade (R) 4:30, 7:10

LINCOLN THEATER 102 E. Main, Belleville, Ill. 233-0123

The Avengers (PG-13) 7:15, 9:15

Mulan (G) 7:00

Six Days Seven Nights (PG-13) 8:50

Matia (PG-13) 7:05, 9:05

NAMEOKI CINEMA 30 Nameoki Village, 877-6630

Saving Private Ryan (R) 7:00

Wrongfully Accused (PG-13) 7:15

O'FALLON 15 CINE 1320 Central Park Dr., O'Fallon, Ill. 822-4000

The Mask of Zorro (PG-13) 2:00, 4:45, 7:55

The Bad 2 (G) 1:05, 3:05, 5:05

"54" (R) 7:15, 9:25

Small Soldiers (PG-13) 1:45, 4:35

Saving Private Ryan (R) 7:00

Saving Private Ryan (R) 1:00, 4:30,

Simon Birch (PG) 1:10, 4:10, 7:05,

9:30

Blade (R) 1:20, 4:00, 7:05, 9:45

Blade (R) 3:00, 5:30, 8:00

The Negotiator (R) 1:45, 4:40, 7:45

One True Thing (R) 1:10, 4:20, 7:00,

9:40

Armageddon (PG-13) 1:40, 5:00, 8:15

Snake Eyes (R) 1:30, 3:10, 5:20, 7:30,

9:50

Dead Man on Campus (R) 1:15, 4:30,

7:10, 9:15

The Parent Trap (PG) 1:30, 4:10, 7:00,

9:30

Slums of Beverly Hills (R) 1:20, 3:20,

6:20, 7:20, 9:20

Why Do Fools Fall in Love (R) 2:15,

5:15, 8:05

ROXANA CINE THEATER Roxana, Ill. 254-6746

The Mask of Zorro (PG-13) 6:45

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CRAFT SHOW

SEPTEMBER 25, 26 & 27, 1998

Jamestown Mall

Friday & Saturday 10 am - 9:30 pm; Sunday 11 am - 6 pm

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- Ceramics

• GRAND PRIZE: Kistfest Concert, Tickets at Riverport featuring Joe Ditty, Jo Dee Messina, Dixie Chicks & Lonestar Plus Dinner for 2 at the charming Hendel's Cafe in Florissant plus limousine service too.

• \$550 Limited Edition "Wolf Sculpture by Greg Neely courtesy of Pandora's Cup

• \$200 14K Gold Necklace courtesy of L. E. Smith

• \$100 Gift Certificate for J.C. Penny

• Gift Certificates totaling \$250 courtesy of Voltair's Cup

• Wehrenberg Movie Passes (while supplies last)

KEEPSAKE COUNTRY SHOWS • 314-837-0617

KEEPSAKE COUNTRY CRAFT SHOW & JAMESTOWN MALL

Celebrates A Day at the Mall/A Night on the Town

The Keesake Country Show held at Jamestown Mall, September 25, 26 & 27, 1998 is our 7th Annual Pumpkinfest Art & Craft Show. This event will surely attract the attention of visitors as well as provide the curiosity of craft show service. Every Keesake Country Craft Show provides excitement, prizes, giveaways & live entertainment. This event, A Day at the Mall/A Night on the Town is no exception. Grand Prize Winner will enjoy dinner for two at the charming Hendel's Market Cafe in historic Florissant. Kistfest Concert tickets with lavish seating at Riverport Amphitheatre featuring Joe Ditty, Jo Dee Messina, Dixie Chicks & Lonestar with limousine service for the evening. Other give aways will include, \$550 Wolf Sculpture by Greg Neely courtesy of Pandora's Cup, \$200 14K Gold Chain (L.E. Smith), \$100 Gift Certificate (J.C. Penny) and a complete 12 piece set of Treble Broun Shop.

Babies (McDonalds). Plus gift certificates from Voltair's Cup & Coffee Shop.

The Keesake Country Shows 7th Annual Pumpkinfest Art & Craft event is an area favorite which was previously held at Village Square Center in Hazelwood, MO. After six years of fun, Keesake Country Shows has opted to take our 7th Annual Pumpkinfest inside, where our visitors and exhibitors alike, can enjoy all of the comforts of inside shopping.

This craft show, as in the past, will feature some of the area's favorite craft exhibits as well as, some wonderful new ones. There will be hundreds of seasonal pumpkinfest home accessories and fall decoration. Lucy Caserio is a floral designer who has exhibited in the past at the previous years and she is very pleased to return for the seventh year. Many of her florals adorn the homes of the community visitors. Her eye-catching designs are timeless and are suitable for any room in your home.

Everyone is a "Winner" with Keesake Country Craft Show, September 25, 26 & 27, 1998 at Jamestown Mall. Fri. Sat. 10 am - 9:30 pm & Sun. 11 am - 6 pm. And, our finest quality handcrafts are the "Main Attraction."

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Dessert: Chocolate, Italian, Mexican & More!

Community News

Consult adviser when registering securities for estate purposes

Whenever you open an account or purchase a security, you must decide how your account should be registered. Registration determines the ownership of your assets and how they will be handled after your death.

State laws differ on the transfer of securities, and not all states honor every type of registration. But in general, five possible registrations are available: individual registration, tenants in common, joint tenants with rights of survivorship, transfer on death and trust.

Individual registration directs the executor or other appointed representative of your estate to distribute the securities as specified in a will or by state law.

Tenants in common registration provides for at least two owners who don't necessarily have to be husband and wife. When one owner dies, his or her



Jeff Prosser

portion passes on to his or her estate. The other owner or owners retain their interest in the securities.

Joint tenants with rights of survivorship provides for at least two account owners. On the death of one tenant or owner, the survivor or survivors assume full ownership. However, not all states recognize rights of survivorship.

Transfer on death registration allows an account holder to designate one or more beneficiaries to assume his or her interest at the time of the account

holder's death. Transfer on death is relatively new and is not recognized in all states.

Trust registration allows for securities to be registered in the name of a trust. A trust is a legal arrangement whereby one individual or institution (the trustee) controls the property of another person (the trustor/grantor) for the benefit of a third party (the beneficiary).

Whichever type of registration is chosen, several legal documents are required on the death of a registered owner before securities can be transferred.

Before you register or re-register your choices and consult with your attorney or tax adviser. Proper securities registration can help your heirs avoid lengthy delays, reduce expenses and possibly avoid unnecessary tax consequences.



Shirley Valencia photos

Thank you

Friends and family held a tribute to James Alan Gardner Sr., former educator and Venice city treasurer, on Saturday. He was a teacher for 40 years. From left, standing, are Charles Crawford; Amber Gardner, Juan II and Juan Gardner; Ashley Gardner; Virginia Washington; Joycelynn Rodda; and Jon Gardner; seated are Luzella Gardner and James Alan Gardner Sr.

Community calendar

Editor's note: The community calendar contains items for the week of Sept. 23-29. Events that occur every week are listed the first and third Wednesdays of each month.

Health-Exercise

ST. ELIZABETH MEDICAL CENTER'S BEHAVIORAL HEALTH SYSTEM is presenting a talk entitled, "Mental Illness and Substance Abuse" at 7:30 p.m. Sept. 28. Patty Morrow, MA, of the Behavioral Health System will give the presentation in the Wasmann Room at SEHC. The event is free and open to the public. For more information or to register, call 798-3688.

Organizations

CHRISTIAN WOMEN'S FELLOWSHIP of Central Christian Church meets at 1 p.m. the first Thursday of each month. For more information, call Helen Stumpe at 931-2096.

GREATER BENEFICIAL UNION OF PITTSBURGH, District 491, Granite City Council, meets at 8 p.m. the first Friday of each month at Third Baptist Church, 26th Street and Grand Avenue in Granite City. Janice P. Reardon, president, can be reached at 288-7396. Mary Solomon, secretary, can be reached at 451-9201.

METRO EAST LANDLORD'S ASSOCIATION meets the first Monday of each month at the Eagles Lodge in Collinsville.

ELKETTES, Granite City Lodge 1063, Maryville Road, meets 7 p.m. the first Tuesday of each month except July and August. Call 931-3557.

MADISON COUNTY LEGAL SECRETARIES ASSOCIATION meets at 6:30 p.m. the first Tuesday of each month. Open to everyone in legal field; attorneys, legal secretaries, support staff, court reporters and

court personnel. For more information, call 465-4400.

EAGLES AUXILIARY 1126 meets at 7:30 p.m. on the second and fourth Tuesday of each month at the Eagles Home, 2538 Madison Ave. Initiation is held the first meeting of each month. A social hour and refreshments follow the meetings. For more information, call Nina Jackson at 877-9808.

MADISON COUNTY HOMEMAKERS EXTENSION ASSOCIATION, Granite City unit, meets at noon the first Tuesday of each month in the first Tuesday of each month in Hope Lutheran Church, 3715 Wabash Ave., Granite City.

TRIO UNIT, MADISON COUNTY HOMEMAKERS EXTENSION ASSOCIATION, meets at noon the first Tuesday of each month in Hope Lutheran Church, 3715 Wabash Ave., Granite City.

TOASTMASTERS INTERNATIONAL meets from 7-9 p.m. the first, third and fifth Tuesday of the month at Shoney's, Highway 157 (4 Commerce Drive), Collinsville. Come join us for better communication and leadership skills. For more information, call 692-6026 or 344-2688.

NEW HOPE CHAPTER 432 ORDER OF THE EASTERN STAR meets at 8 p.m. the first and third Fridays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

TRIPLE LODGE 835 A.F. and A.M. meets at 7 p.m. the first and third Wednesdays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

THE SINGLES CONNECTION events for Sept. 23-29 are: Meet at 7 p.m. Wednesday at Applebees in Collinsville for dinner. RSVP to John V. at 452-2658. Meet at 9:30 p.m. Thursday for a movie at the Cottonwood Theater in Glen Carbon. Admission

is \$2. Call Linda M. at 692-1762. Meet at 7 p.m. Tuesday at the Edwardsville YMCA. Play a racquetball court with a softer ball. Cost is \$3 for 2 1/2 hours of play. Call Paul, 332-1731, for more information.

Seniors

PONTON BEACH SENIOR CITIZENS pot luck dinner is the last Saturday of each month, 5 p.m., 3919 Highway 111, Pontoon Beach.

GRANITE CITY SENIOR SOCIAL CLUB meets at the Nulson Hagnauer Township Hall. Doors open at 6 p.m. Sept. 28 for the next dance. For information, call 877-1215.

Support Groups

RIVERS OF WATER WORSHIP CENTER SUPPORT GROUP meets 9:30-11 a.m. the first and third Saturday of each month at 1307 Madison Ave.

in Madison to comfort and restore. Worship service will follow each third Saturday at 11:30 a.m. For more information, call 341-3643 or 856-7831.

DIABETES SUPPORT GROUP meets 1-3 p.m. the first Tuesday of each month in the President's Room, St. Elizabeth Medical Center. Call 798-3456.

ALLIANCE FOR THE MENTALLY ILL OF MADISON COUNTY meets from 7-9 p.m. the first Tuesday of each month at the Mental Health Clinic, 50 Industrial Drive, Granite City. For information, call 798-3604.

LEARNING TO LEAN support group for families with special needs children, for families and friends of any child with any disability. Meets from 7-9 p.m. the first Tuesday of every month at Word of Life Tabernacle, 4870 Maryville Road in Granite City. Childcare is provided. Call 931-6453.

Coming Soon Coming Soon

HOUSEHOLD HAZARDOUS WASTE COLLECTION



Saturday,
October 24
8 a.m. - 3 p.m.
1417 State Street

Granite City Steel, in conjunction with the
Illinois Environmental Protection Agency,
is sponsoring a

HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY.

Saturday, October 24
8 a.m. - 3 p.m.
1417 State Street
Granite City, IL

ACCEPTED

- ✓ Household Paints
- ✓ Paint Thinner
- ✓ Herbicides
- ✓ Insecticides
- ✓ Pesticides
- ✓ Old Gasoline
- ✓ Pool Chemicals
- ✓ Cleaning Products
- ✓ Car Batteries/Lead Acid Batteries

ACCEPTED

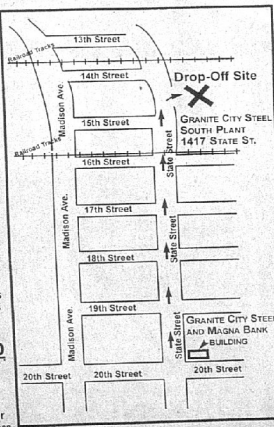
- ✓ Household Batteries
- ✓ Used Motor Oil
- ✓ Drain Cleaners
- ✓ Lawn Chemicals
- ✓ Solvents
- ✓ Anti-Freezer
- ✓ Hobby Chemicals
- ✓ Aerosol Paints and Pesticides
- ✓ Fluorescent Light Bulbs

NOT ACCEPTED

- ✗ Agricultural Wastes
- ✗ Business/Commercial Sector Wastes
- ✗ Explosives
- ✗ Fireworks
- ✗ Propane Tanks/Cylinders
- ✗ Smoke Detectors

NOT ACCEPTED

- ✗ Farm Machinery Oil
- ✗ Fire Extinguishers
- ✗ Hazardous Waste
- ✗ Tires
- ✗ Refrigerators, Stoves, Water Heaters/other household appliances



Please bring household wastes to the South Plant at Granite City Steel, 1417 State St. See map above. Signs will be posted on day of drop off. For more information, please call 451-3459 or 451-3391.

A Special One Day Event Featuring Information and Entertainment
For anyone Age 55 and Over, and Care Givers of Older Adults.



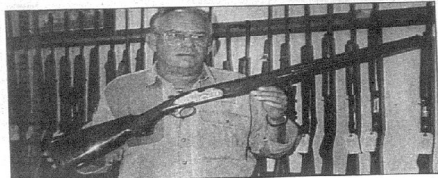
Free Admission
Over 100 Exhibitors
Attendance Prizes
Health Screenings
Seminars
Entertainment

Friday, September 25th

Exhibits open 9 am to 4 pm Entertainment 4 pm to 6 pm
Belle-Clair Fairgrounds, Route 13 & Route 159, Belleville, IL



Business profile



Bruce Gill

business

Bruce and Nancy Gill are the owners of Fly-Way Sporting Goods, 1718 Davis St. and Ferry Road in East Carondelet. The store was built in 1993. Before running the store full-time, Gill operated the business part-time at his home next door. The store features at least 300 rifles, handguns, and gun-related accessories. Prices on guns range from \$100 to \$3,500. The store also sells binoculars, bird calls, reloading supplies and rifle scopes. The phone number is 286-4750.

family

Bruce Gill's mother, lives in Dupo. The Gills have "no children and five dogs," he says.

professional background

Gill was a construction worker and bridge builder for 20 years before suffering a back injury.

community involvement

Gill has served on the East Carondelet Board of Trustees for about eight years. He is also involved with fundraising activities for conservation organization Ducks Unlimited, which raises \$50 million annually to restore wetland habitat for waterfowl, mainly in Canada and the Dakotas.

comments

Gill says Fly-Way is a specialty store, which enables it to survive in a rural location. "I would be better off on a main thoroughfare but I would have a percentage of disinterested people coming in," Gill said. "People who are interested in this type of thing do seek out specialty stores." Gill said he has a wide variety of guns at all price levels. "There's quite a cross-section. Anyone should be able to find what they're looking for."

BBB luncheon to recognize 11 firms

The Better Business Bureau, serving eastern Missouri and southern Illinois, will recognize 11 firms from the St. Louis area for providing exceptional customer service during its World Class Customer Satisfaction Awards Luncheon Oct. 1 at the Adam's Mark Hotel.

During its biennial award program, the BBB also will honor an individual from the region whose company is noted for providing exceptional customer satisfaction. A prior recipient, August Busch III, will present this year's award at the luncheon.

"In all of its communications, seminars

and research projects, the Better Business Bureau consistently emphasizes the importance of customer satisfaction in fostering business success," said Craig Schnuck, president and chief executive officer of Schnuck Markets, Inc. and honorary chairman of the event. "The World Class Customer Satisfaction Award program was created to recognize exceptional business practices in the St. Louis area and promote research and training to better serve customers."

The 1998 award winners will be announced the week prior to the luncheon. The event will be hosted by KTVI's

Mandy Murphy.

Tickets are now available for the luncheon at \$25 per person. Luncheon sponsor tables for 10 are still available at \$800. For additional information or reservations, call the BBB at (314) 645-4636.

Founded in 1917, the BBB is a non-profit organization that provides information services and programs to assist both consumers and businesses. Additional information about the Better Business Bureau can be obtained by visiting the bureau's website at www.stlouis.bbb.org.

Business briefs

TOM KERNAN recently was promoted to director of engineering and energy technology at the Granite City Division of National Steel.



Kernan, who previously was a senior manager in engineering and technology, has been with the company for 25 years. A graduate of the University of Missouri-Rolla, he started

at the steel mill as an electrical foreman in maintenance and has held positions of increasing responsibility in the maintenance, energy, utilities and engineering departments.

In addition to his undergraduate degree, Kernan has a master's degree in both business administration and finance from Webster University.

St. Elizabeth Medical Center recently honored President TED EILERMAN with a special Mass and reception for his 30th year of service.

More than 150 members of the community, friends and St. Elizabeth associates attended. Bishop Daniel L. Ryan led the service.

Eilerman, a Collinsville resident, was appointed president and chief executive officer of the medical center in 1968. He also has served as assistant administrator and executive vice president.

He is a member of the Southern Illinois University Edwardsville Foundation Board, the Catholic Hospital Association and the American Hospital Association. Eilerman

is secretary of the Leadership Council Southwestern Illinois and a board member of Magna Bank.

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Association of Realtors offering course

The Illinois Association of Realtors will be offering a 30-hour Real Estate Transaction Course at the Greater Gateway Association of Realtors Office, 2 Ginger Creek Village in Glen Carbon. The association is a branch school for

conducting these classes.

The course will begin on Tuesday, Oct. 6, and will be held each Tuesday and Thursday from 6 to 9 p.m. at the Association Office. For more information, call 692-8300.

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P215/75R15
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15W40 OR 15W50 \$21.90
30W OR 40W-5 Gal. \$18.90

GEAR OIL
80/90 GEAR OIL-5 Gal. \$19.90

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5 Gallon \$14.97

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\$54 each
P195/70R14
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Fits: Toyota Camry

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\$59 each
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\$69 each
P205/65R15
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GREASE TUBES (Hot)
Sold in ten packs only \$69.95

Organizations

CWF plans Indonesia program

At the September meeting of the Christian Women's Fellowship Central Church, the group made plans for a dinner and program on Indonesia, to be held Oct. 1. Both men and women of the church are invited to attend. Foods similar to those eaten in Indonesia will be served. The guest speaker will be Betty Quicksall of St. Louis, who was one of 17 Christian Church women from across the country and who spent 21 days in Indonesia on what is called the Woman-Woman Program of the Christian Church (Disciples of Christ). The visit focused on the 1998-99 Christian Women's Fellowship mission study.

Activities that have been held since July 1 include a watermelon party for the residents of the Colonades Nursing Home, honoring those who had birthdays in July; a rummage-bake sale held in August for the public, along with the sale of hot dogs to those present; and a reception for the Doris Edwards-Lester Klenke wedding on Aug. 29. Upcoming events include an area CWF retreat, to be held Sept. 18-19 at Orchard Crest Camp near Fredericktown, Mo.; the Regional Assembly of the Christian Church Nov. 5-7 in St. Louis; and the Church

Women United Blood Drive Nov. 10 at Central Christian Church.

Lynda Leggett led the program for the meeting, which was titled "Birthing a Dancing Star." Myra Parrish led the worship.

Those attending were Betty Ebrecht, Helen Stumpe, Dorothea Rivenburgh, Joyce Miller, Beth Mirus, Parrish, Guyia Stuart, Lois Billrey, Betty Johnson, Leggett, Krystal Moss, Ruby Hart, Margaret Kacera, Ruth Lelik, Mary Lee Lorton, Betty Rush, Lena Seitzer and Jo Stephens.

Shriners offering free screenings

By Jason White
Staff writer

The Shriners Hospital for Children provides free treatment for expensive problems. The 80-bed hospital in St. Louis County treats children from birth to 18 for orthopedic disorders such as club foot, scoliosis, hand or back problems, bowed legs, spina bifida, dislocated hips, missing arms and legs and burn-related problems. "Basically, we treat the muscular system of the body," said Ray Radliff, a member of the St. Louis Shriners Order of Governors. "It is among the most expensive medical care in the world." The hospital holds screenings for children throughout the St. Louis area. The next screenings are Oct. 3 in Alton and Oct. 17 at Memorial Hospital in Belleville. "We have a tremendous organization that is actively looking for these children," Radliff said.

"This is treatment they carry with them the rest of their lives. "We can make that child's life better," he said.

In fact, many children treated by the hospitals contribute to the hospital endowment fund when they become successful adults, Radliff said. Other sources to pay for the \$422 million to run 22 hospitals in North America include annual dues, grants and donations. The hospitals began in 1923 and now treat about 540,000 children each year. Nineteen are orthopedic hospitals and three treat burn-related problems. The St. Louis hospital has about 360 staff members.

Approximately 95 cents of every dollar go directly toward medical care, Radliff said. "We don't do a lot of our own horn-tooting," he said.

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For BAC student, aircraft mechanic is model job

Buddy Delati could go from being an aircraft mechanic to flight attendant to model and actor within a week.

Achieving his ultimate goals in aviation and show business will require a bit more prep time. Nevertheless, he's approaching the runway of personal success way ahead of schedule.

Delati is a Belleville Area College student in the Aviation Maintenance Technology program on the college's Granite City campus, 4950 Maryville Road.

Delati has worked as a flight attendant for Trans World Airlines in St. Louis for the past 12 years. He also is a St. Louis model who has appeared in local promotions including Southwestern Bell advertisements, an advertisement for A.J.'s at the Adam's Mark Hotel in St. Louis and a Busch Light commercial.

Getting spiffy for his work as a model, however, is not what the 33-year-old and current resident of Glen Carbon considers fun — at least not all the time. "I get tired of being cleaned up," he said. "Modeling and acting is hard. You are so scrutinized. Being a mechanic is a fun job. You're given everything that you need to make an airplane airworthy."

In addition to the time he devotes every weekend to TWA as a flight attendant, Delati spends the remaining five weekdays at GCC attending AVMT classes and honoring his mechanical skills. On Fridays, he travels directly from the campus to the airport, where he works with M International, a St. Louis modeling agency.

Delati attributes his desire to be on the runway — both as a mechanic and model-actor — to his work as a flight attendant. Delati remembers wanting to be a pilot ever since he was a youngster. It is a dream, he said, which he plans to fulfill sometime in his life. He decided to become a flight attendant so that he could learn more about aviation. After having flown thousands of

miles, he's ready to be a mechanic with a less geographically challenged lifestyle. "As a mechanic, I know I'll be home on the ground," he said. "As it is now, month to month, I don't know where I'll be."

Another place Delati wants to be is on the big screen. After meeting a variety of people on flights, he became interested in acting. Because there are no acting agencies in St. Louis, he has gone into modeling. He will continue with that until he completes his AVMT classes in January 1999.

After that, Delati plans to move to Los Angeles, where he won't have to be a "starving artist" while trying to break into show business.

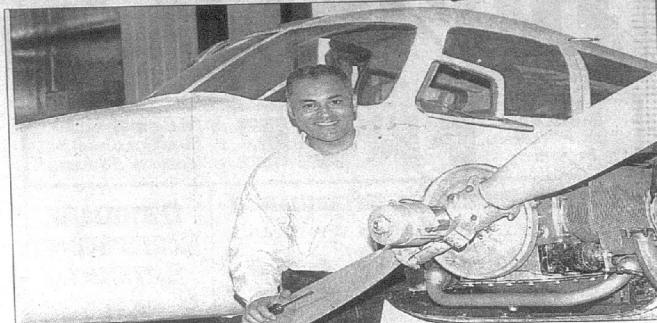
By that time, he should be certified and working as an aircraft mechanic. Because he won't have to travel every weekend, Delati will be able to go to auditions. "This whole year is devoted to getting my Airframe and Powerplant certificate," he said. "One year is a small sacrifice compared to having this certificate and license that's good for life."

After completing the 50-week certificate program at BAC, which is approved by the Federal Aviation Administration, Delati will be eligible to take the tests for his FAA Airframe and Powerplant license. He currently is preparing for the written exam, which he hopes to pass with a 90 percent or better. If he does, then he can take the tests for his license before he graduates.

"The program is set up so that if you keep a good grade, then you could be hired the day after graduation — literally," he said.

Eventually, Delati plans to earn his associate's degree and a bachelor's degree in aviation maintenance engineering.

"I always respect the mechanics," he said. "I depend on them. Now I'm going to be the one who people depend on."



Buddy Delati plans to be an aircraft mechanic in Los Angeles. The job will help support Delati as he tries to make it on the big screen.

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2 school nurses attend conference

June Oney and Betty Stone, school nurses from Granite City, attended the 30th annual National Association of School Nurses Conference, held recently in San Diego, Calif. Oney is the nurse at Marshall and Niedringhaus School. Stone is the nurse at

Grigsby Middle School and Frohardt School.

The theme of this year's conference was "School Nurses: The Courage to Care." The purpose of the conference was to assist professional school nurses in

dealing with the complex social, medical and ethical concerns that they face daily in their work environments.

With more than 10,000 members, the NASN promotes excellence in school health.



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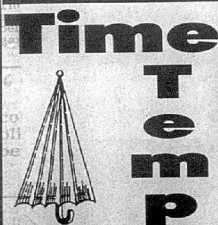
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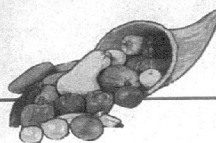
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Today's Food

Today's Food on-line, www.yourjournal.com



Heart-y Bites

Vegetables designed for season

See Page 2

Food & Nutrition

Wise Ways

Lunch has a new, updated look at school. Families should encourage kids to eat it.

INSIDE

Blue Ribbon Cook

Pears complement greens with juicy sweetness in a winning salad dressed with tangy raspberry vinaigrette.

INSIDE

Test Run

Rice cakes get new flavors and the expanding shelf pops open with popcorn cakes.

INSIDE

Micro Raves

Many people respect rice as the staff of life.

INSIDE

Lively Taste

Making salsa at home requires patience to find the right level of heat. Start by dicing 4 large tomatoes, 1 large onion and 1 medium bell pepper. Start the heat with 1/4 cup chopped chiles (anabeim is mild, habanero is true fire and it would be good to use even less as a springboard). One or two cloves garlic, minced, and 1/4 cup chopped fresh cilantro also give flavor. Another flavor enhancer, cooked corn, absorbs some of the heat. To douse any fire that results, keep a glass of milk handy. It leaves a coating that relieves some of the heat.

Health & Fitness

Medicine Chest

Herbal medicines, not available by prescription, are on the shelf by popular demand.

INSIDE

Fresh Picks

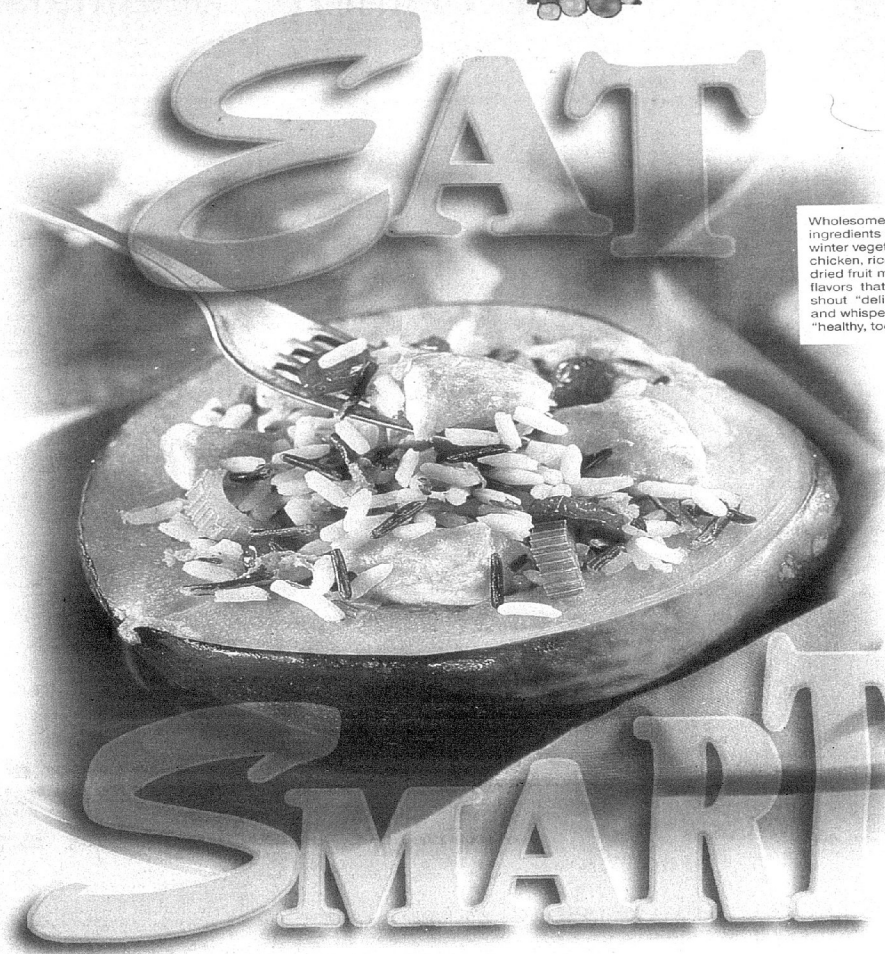
Apples become a tasty salad with poppy seed dressing. Combine 4 tablespoons orange juice, 4 teaspoons oil, 2 teaspoons honey and 1/4 teaspoon poppy seeds. Add a pinch of salt, if desired. Stir well. Cover and chill. Slice 4 apples and arrange them on lettuce leaves. Serve with poppy seed dressing.

Big Fat Tip

Spurge on easy salmon salad. Drain and flake 1 can (14.75 ounces) salmon. Stir in 1/3 cup plain nonfat yogurt or sour cream, 1/3 cup chopped green onion, 1/3 cup chopped celery and 1 tablespoon lemon juice. Add freshly ground pepper to taste. Spread mixture on 6 slices plain or toasted bread. Top each with second slice. A bread option is a frozen onion bagel, warmed. Makes 6 sandwiches; 120 calories, 5.4 g fat and 397 mg sodium each.

Future Shop

Beans may be an optimum food for those eating with healthful intent, but they may not be on every shopping list because they produce unkind effects. Officially the recommended options are to soak dry beans in large amounts of water and then rinse them well before cooking them, sprinkling enzymes on beans just before eating them or increasing consumption of beans gradually to give the body time to adjust. Asian and Indian cuisines use ginger for flavor, as well as a digestive aid, so some cooks add 1/4 teaspoon ginger to a pot of beans as they cook them. Mashing some of the beans before adding a small amount of oil or tub margarine also reduces gas for some people.



Healthy, heart-y lifestyle colors autumn flavors

By Janice Denham
Staff writer

When moms insist kids wear sweaters to school, the time of year has come to wrap up cooking ideas in warm, hearty flavors. People invigorated by the crisp air who get outside to enjoy it find ways to make

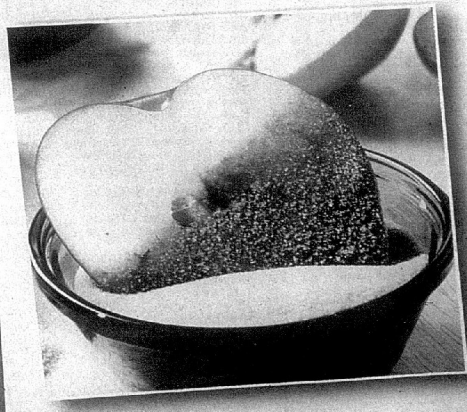
hearty meals that are heart-y — heart-healthy — as well.

Registered dietitian Connie Diekman says, "Many of the foods that seem to taste better during the cool months are healthy. Vegetables with bold colors and wild and brown rice have fiber that can help avoid

heart disease and other ailments, like diabetes and cancer."

She and Paul Ott are chairmen of the Eat Smart Recipe Contest sponsored by American Heart Association, Greater St.

See EAT SMART, Inside TODAY'S FOOD Page 2



Rainbow Apples

Fresh apples make juicy, delicious snacks this time of year, particularly when the treat practically makes itself.

For a colorful treat, spread 1 package (4 servings) sweetened gelatin powder, any flavor, in a bowl or on a plate. Cut 4 apples of any variety in half. Dip cut side of each apple half in gelatin. For a multicolor effect, dip each half in more than one flavor of gelatin.

Colors brighten as the gelatin picks up the apple's juice. Little fingers may turn the same color if they are damp.

Kids' Cuisine

New rice, popcorn cakes have both flavor, crunch

Opinions changed among some testers of Quaker corn and rice cakes and Orville Redenbacher's popcorn cakes, which were tasted in new flavors.

TEST RUN Several who before the test thought rice cakes were "like cardboard" were impressed particularly with the popcorn cakes (\$2.15 for a package of 14 at Shop 'n Save), which were tested in milk chocolate and caramel flavors. They spared no manufacturer's feelings. "Redenbacher caramel is actually pretty good," was the initial response. "What a surprise to somebody who hasn't been crazy about rice cakes. Instead of being slick, tasteless and powdery, these things are thinner, have more snap in the crunch, and have a caramel taste."

Another tester said, "I think Orville (Redenbacher) got his snack straight. I didn't expect anything as good." She preferred the caramel over the milk chocolate.

"The milk chocolate has this dark look that I don't find as appealing. It's the way the cake is made that is so good though. It's not a regular shape, like the rice cakes are, so they are crunchier and have more flavor through the crackly texture."

"She tried them at home, too. 'I had a lot of trouble not eating more than I wanted to eat. Because of the irregular texture, I just kept cracking them into pieces and eating them. You do have to be careful about leaving them open though, because they don't stay crisp.'"

Another liked the caramel flavor because it permeated the cake, but was not too sweet. She also liked the Quaker peanut butter rice cake.

"Either would satisfy the sweet tooth of one who need not eat a 'heart' sweet," she said.

The caramel popcorn cake is fat-free; each milk



The rice cake shelf has expanded to accommodate new flavors and a new guy on the block, popcorn cakes.

chocolate popcorn cake has 0.5 grams fat. Both had 40 calories per cake.

The Quaker rice and corn cakes (\$3.89 for a package of 14 at Shop 'n Save) gathered more fans, too, although the nature of the rice cake remained a deterrent for some.

Caramel chocolate chip corn cakes, peanut butter and apple cinnamon rice cakes were tested. "Making rice cakes in sweetener flavors appeals to me more. The ones with cheese flavor seem more like a dusting, rather than a real flavor," a tester said.

Peanut butter rice cakes (60 calories and 1 gram fat each) drew the most responses. One tester changed his mind in midstream between several trips from his desk to the testing table.

"At first I didn't like the

Peanut Butter flavored rice cakes, but they grew on me. One of those products that the more you eat, the more you like it," he said. He gladly accepted the leftovers to eat on the way home.

Both the peanut butter rice cake and the caramel chocolate chip corn cake (60 calories and 0.5 grams fat each) had small chips of the prominent flavor on the cakes.

"I didn't get much chocolate flavor out of that one, but I still liked it as being sweet and tasty," a tester said of the latter one.

Apple cinnamon rice cakes (50 calories and no fat each) received the least number of comments.

One taster said, "This one reminds me most of what the original rice cakes are like. I like rice cakes, but the new flavors are better choices now."

White, brown or 'green' rice makes healthy eating

By Judy Eddy
Correspondent

While Americans long have thrown rice at newlywed couples to celebrate the union, this practice is considered a waste in other countries where rice is a staple food.

MICRO RAVES

Southern states provide

most of the rice grown in America, with Arkansas leading the way. California comes next in amount of production. Mississippi, Louisiana and Texas follow. Missouri and Florida make distant entries on the list.

Rice requires a warm, humid climate for growth. The plants are submerged in water for most of their growth.

The nutritional benefits of rice are many. Because rice is nonallergenic, it is suitable for most diets. It contains no fat and little sodium, unless it is added in preparation. Rice cereal is often one of the first solid foods introduced to infants.

Many people look for rice in the supermarket because of the bag, box or can that holds it, but the container also identifies it by size and grain length.

Long grain rice, which cooks in separate and fluffy grains, is a good choice for salads and

casseroles. Medium grain rice is softer and tends to stick together, so it is more suited for puddings or vegetable stuffings.

Unpolished brown rice gets its color from a nutritious outer layer of bran. White rice is stripped of all these outer layers when it is polished to make it white, but it still has vitamins, minerals and protein. If the rice is labeled "enriched," it is sprayed with a coating of nutrients. Some brands also will market calcium-enriched rice.

Instant rice — available both in white and brown — is the most expensive form of economical rice,

but for the cook in a hurry, it is a handy pantry item.

Rice can be prepared conventionally on a stovetop or in a microwave oven. They both require the same amount of time, but rice prepared in a microwave oven is perfect every time because the exact time and cooking "heat" is programmed and can be made in the same dish as it is served.

Brown rice and fat-free evaporated milk make this rice casserole a healthy choice as a tasty side dish.

Home economist Judy Eddy specializes in microwave cooking.

GREEN RICE

- ¾ cup uncooked brown rice
- 2 cups water
- ½ tsp. salt
- ¼ cup diced green bell pepper
- ½ cup chopped onion
- 1 tbsp. oil
- 1 can (12 oz.) evaporated skim milk
- 2 eggs, beaten
- 2 tsp. parsley flakes
- ½ tsp. garlic powder
- ½ tsp. seasoned salt
- 1/8 tsp. lemon-pepper seasoning
- ½ cup (2 oz.) grated cheddar cheese
- Paprika

Combine rice and water in microwave-safe casserole. Stir in salt. Cover tightly with plastic

wrap. Microwave on high power 5 minutes. Reduce power to medium (50%) and cook 20 minutes. Leave rice covered while preparing remaining ingredients.

Stir together oil, green pepper and onion in small microwave-safe casserole. Microwave on medium power 2 minutes or until vegetables are tender.

Combine evaporated milk, eggs, seasoned salt, parsley, garlic powder and lemon pepper. Stir in cheddar cheese and sauteed vegetables. Pour over rice. Stir to blend evenly.

Pour mixture into greased microwave-safe casserole. Sprinkle with paprika. Microwave on high power 10 minutes.

Eat Smart

Continued from page 1. Louis Division, and Suburban Journals.

Like the colors that will surround people in the next weeks, the deep greens of broccoli and Brussels sprouts and the golds and oranges of squash, sweet potatoes and pumpkin are natural complements to mild flavors that get credit for filling people at the table.

It says seasons that enhance these foods are not new. Nutmeg, cinnamon, lemon, sesame and cloves make it easy to heighten foods' flavor without resorting to high-fat and high-sodium extras.

A trick for eating and cooking healthy is to focus on foods that come from plants, thus cutting back or eliminating animal products at least some of the time.

"The more plants you eat, the healthier you are," Diekmann says.

A gift certificate from Shop 'n Save and a Heart Association cookbook will be awarded in each of four categories of heart-healthy recipes: appetizers, rice, orange and green vegetables and, an annual favorite, special occasion desserts.

A single household can submit a single entry in any or each category. They should be postmarked by Oct. 10. If there is an original high-fat recipe that has been adapted, it can be submitted also to show changes or if there is a story about its development, it can be told. Winners will be announced Nov. 4.

Autumn meals present a new range of challenges," Diekmann says, pointing out the proximity to party-loaded holidays.

For instance, appetizers often include high-fat cheeses and fried foods. She suggests replacing them with lower-fat or fat-free dairy products.

"Appetizers, like desserts, can be a complement, not the main focus, of a meal."

A light broth, bouillon or soup thickened with

pureed vegetables, rather than cream, can provide a filling start to a meal which turns a little indulgent.

Ort suggests a strategy of cutting pieces small, even bite-size, so people can sample a variety of special dishes. This works not only for appetizers, but also for desserts. Often a host or hostess feels compelled to be judged by the weight of the dessert table.

"That's where your moderation of portions comes in," Diekmann says. Sharing dessert is another option.

"It's better to have a little of something than cut it out. Otherwise, you go home, feel sorry for yourself and eat whatever indulgent is in your pantry," she says.

Ort says guests should prepare for a party, too. They need to plan their eating ahead to accommodate a few indulgences, if that is what they want to do.

Other ways to update desserts for healthier eating are to replace whipped cream with fat-free or light whipped topping and rely on more intense flavors in small portions.

Coconut is high in saturated fat, so minimize it by using coconut extract for flavor or removing a small amount to the top of a dish for garnish. Nuts by the cupful also add heaps of unwanted fat. Toast, then chop them, or, smaller, more intensely flavored pieces pass the taste buds. If using chocolate chips, add the same number, but use the mini size. Many foods, like chocolate chips, now are available with less fat.

Pasty meats are tempting. Even prepared graham cracker crust does not always promise minimal fat. Crustless fruit cobbler, using the filling recipe of a favorite pie and a crumb topping is a promising alternative. Pureed fruit, available as baby food or sold prepared for baking among the cooking oils,

often can replace much of the oil in a recipe.

This recipe is an example of a healthy dish that includes ingredients that qualify it in either of two categories. An ingredient, like rice, can be used in any part of a day's eating as long as the resulting dish is heart-healthy.

AUTUMN CHICKEN AND RICE-STUFFED SQUASH

- 12 fresh or individually frozen, boneless, skinless chicken tenderloins
- 1 box (6 oz.) long grain and wild rice
- 3 small acorn squash
- 2 tsp. grated orange rind
- 2 tsp. butter or margarine
- ½ cup sliced celery
- ½ cup dried cranberries or cherries
- ¼ cup orange juice

Preheat oven to 350°. Lightly grease 15-by-10-inch jellyroll pan.

Cut squash in half lengthwise. Remove seeds. Place cut-side down in prepared pan. Bake in preheated oven 30 minutes.

Prepare rice according to package directions. Stir in orange rind.

Remove fresh chicken under cold water and pat dry, or hold frozen chicken under lukewarm, running water 1 to 2 minutes to remove protective ice glaze. Cut in 1-inch pieces.

In large skillet, melt butter. Cook celery and chicken 1 to 2 minutes until chicken is browned and juices run clear.

Combine chicken mixture, rice and dried cranberries in medium bowl. Mix well. Spoon into partially cooked squash halves. Drizzle with orange juice.

Bake 25 to 35 minutes longer until squash is tender when pierced with fork.

Makes 6 servings; 289 calories, 17 g protein, 46 g carbohydrate, 6 g fat, 41 mg cholesterol and 639 mg sodium each.

Walk through cool autumn with squash tucked in soup

By Paul Ott
Correspondent

Autumn is my favorite season of the year. Summer's heat gives way to comfortably warm days and cool nights. Trees trade green summer leaves for brilliant reds, yellows and oranges. On one special day we even turn back clocks and enjoy an hour more of this wonderful season.

HEART-Y BITES

Walking, a chore in summer's heat, is great in fall. Traipsing through fallen leaves on a brisk, sunny afternoon beats a treadmill anytime.

Exercise, important to keeping the heart in shape, is never more fun when it doesn't seem like exercise, so this is the time of year to ramble around the neighborhood on foot.

Autumn is also transitional for cooking. Roadside stands and seasonal markets close and the vegetable garden's bounty dwindles. Hay rides and bonfires replace picnics and barbecues with salads and side dishes.

Foods move from cool and light to hearty, warm and filling. Soup is a fall-er-up food for the season. It can be full of fat and saturated fat, or it can be delicious and

healthy to savor.

A cool evening is enhanced by a satisfying soup that does not rely on high-fat cream for richness. Squash Soup fills the bowl well. It relies on herbs, spices and squash itself for heartiness.

This recipe came into my kitchen when I was on a pumpkin kick. Rich in vitamin A, pumpkin — several of them at one time — seemed like a perfect way to get all the antioxidants for good health from a single natural source.

The problem was finding pumpkin recipes that were healthy. Most were pie- or bread-related, so they contained more fat than I wanted. This recipe answered my quest.

Substituting an equal amount of pumpkin serves the purpose.

Use colorful winter squash as they become available. Butternut and acorn are commonly available. With hard shells, they keep at a cool temperature — not necessarily refrigerated — a long time. Save the recipe for Halloween to use the flesh of decorative pumpkins.

Registered dietitian Paul Ott is a member of the nutrition committee of the American Heart

Association, Greater St. Louis Division.

SQUASH SOUP

- 6 lb. butternut squash or pumpkin
- 5½ cups low-sodium chicken stock or chicken stock made without adding salt
- 2 medium onions, chopped
- 3 ribs celery, thinly sliced
- ½ tsp. dried sage or 1 tsp. fresh sage, minced
- 1 tsp. ground coriander
- 1 tsp. honey
- 1 tsp. ground cumin

Cut squash in half lengthwise. Scoop out seeds and stem. Cut in half again. Steam over boiling water until tender. Cool until it can be handled. Scoop flesh from shell and mash well to make 4 cups.

In 3-quart saucepan, combine chicken stock, onion, celery and sage. Bring to boil. Reduce heat. Simmer 20 minutes or until vegetables are tender.

Add squash, coriander, honey and cumin. In blender, process in batches until smooth. Return soup to pan. Simmer 15 minutes. Makes 5 servings; 203 calories, 2 g fat, 6 g protein, 40 mg sodium, 1 mg cholesterol and 536 IU vitamin A each.

School path

By Carol Schell
Correspondent

A memory dates a person over 40 remember a fattening food, meatloaf, chili, dumplings, mac and cheese, plus the whole milk that sold for 2 cents in the good of '60s, the whole quarter.

WISE WAY

to keep up with lifestyle and

Four years Congress passed legislation that

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Today's Food

School lunch makes path for memory lane

By Carol Schlitt
Correspondent

A memory of school lunch dates a person. Anyone over 40 remembers comfy, fattening foods, like meatloaf, chicken and dumplings, macaroni and cheese, plus a carton of whole milk that by itself sold for 2 cents. Yes, back in the good old '50s and '60s, the whole meal cost a quarter.

WISE WAYS

School lunch has changed to keep up with today's lifestyle and tastes. Four years ago, the U.S. Congress passed sweeping legislation that overhauled the National School Lunch Program. Changes included guidelines for meals containing less fat and more fruits, vegetables and grains. Since then, schools across the country have stepped up to the challenge and are providing foods that kids not only like, but are good for them. The September issue of Consumer Reports analyzed 1,300 schools meals around the U.S. On average, most schools surveyed come close to serving food under the new guidelines. Certified consumer and family scientist Carol Schlitt is nutrition and wellness educator at the Edwardsville Extension Center for the University of

Illinois Extension.

TOMATO, SQUASH AND ONION CASSEROLE

- 1 tbsp. olive oil
- 2 tsp. minced garlic
- 3 small onions, sliced
- 1 tsp. salt
- ½ tsp. freshly ground pepper
- 1 tbsp. fresh or 1 tsp. dried thyme
- 1 tbsp. fresh or 1 tsp. dried oregano
- 1 tbsp. fresh or 1 tsp. dried basil
- 1 medium zucchini, thinly sliced
- 1 medium yellow squash, thinly sliced
- 6 fresh plum tomatoes, cut in medium slices

Preheat oven to 400°.

Over medium heat, sauté onion and garlic in olive oil until onion is tender and browned. Place in ovenproof dish. Season with half the salt, pepper, thyme, oregano and basil. Arrange zucchini on top, then layer yellow squash and tomatoes. Sprinkle with remaining herbs, salt and pepper.

Bake, covered, in preheated oven 25 to 30 minutes.

Greens, cheese enhance salad ripe with pears

Marilyn Z. Molkenbur, Maryland Heights, is this week's winner of dinner certificates to the Pasta House Co. for Pear Salad.

BLUE RIBBON COOK

Hearty flavors mesh over salad greens in this simple combination of ingredients. They are dressed by a fruity vinaigrette straight from the shelf, so it becomes an easy, colorful, hearty salad composed in minutes. This month holds a special contest for those who provide birthday treats. Some people always request a certain cake, while others prefer pie or a part of the meal, like lasagna or burgers, which seems to sing "Happy Birthday" whenever it is served.

Whatever that treat is, send the recipe by Sept. 30 to: Birthday Special Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis 63131.

Each Wednesday in October a winner will be chosen on the basis of taste and eye appeal, as well as originality, although the recipe need not be original. That means there will be

four winners.

If possible, tell where the recipe came from and share specific information about special touches that give it a personal signature or a story about when it was served or developed. Indicate which Journal newspaper you receive.

Duplicate entries will be considered on the basis of earlier entry or best compliance with rules. Contest winners may enter again six months after their prize-winning publication date.

PEAR SALAD

Enough greens (spring mix or other of choice, shredded) to make 4 servings

- 4 ripe pears, peeled, cored
- 8 rings red onion
- Toasted walnuts
- Crumbled blue cheese
- Espagnole vinaigrette (Marzetti's suggested)

On each of 4 salad plates, lay greens. Slice pear over greens. Add 2 onion rings to each. Sprinkle with walnuts and blue cheese.

Herbal medicines gain more fan endorsements

By Rebecca Coley
Correspondent

Each year Americans spend \$3.2 billion on herbal medicines and supplements. A growing part of American culture, herbs are now taken regularly by an estimated one in three Americans.

The recent popularity of herbal and natural substances is not new. In fact, herbal products have been extensively used in mainstream Europe for thousands of years.

As defined by the 1994 Dietary Supplement Health and Education Act, manufacturers of dietary supplements which contain herbal ingredients must have substantial information to back any claim. The U.S. Food and Drug Administration must be aware of claims, but it is not required to review the data prior to marketing. The FDA can, however, remove products from the market if it deems them unsafe.

Herbal products are receiving more attention from scientists eager to determine safety and efficacy of these products. Demand by cash-paying consumers and a desire toward more "natural" treatment makes this a potentially profitable market for manufacturers.

Healthcare practitioners more commonly recommend herbs today. Consumers also are more willing to pay cash for these products, which are not available by prescription.

This creates an environment where self-treatment becomes more prevalent today, using the available products. In 1993 a study in the New England Journal of Medicine showed seven of 10 people who took natural products did not tell their health care provider.

Confusion about these products and their use abounds.

These guidelines can help in selecting a product if you and your doctor or pharmacist decide this is the best course of action. Does your doctor or pharmacist support the manufacturer as reputable and the claims the company makes? Are the claims reasonable? Are instructions for taking the product clear and does it give a list of risks to consider?

Registered pharmacist Rebecca Coley is a board member of the Saint Louis College of Pharmacy Alumni Association. Questions for her to answer in "Medicine Chest" can be e-mailed to her at rcoley@slcmail.com.

Recipe

DOUBLE-PLEASURE STEAK AND VEGETABLES

1½ lb. flank steak, pierced with fork

- 1 lb. small mushrooms (about 6 cups)
- 1 lb. zucchini, halved lengthwise, then cut in ½ inch pieces (about 2 cups)
- 2 medium onions, cut in wedges (about 2 cups)
- 1 large red bell pepper, cut in 2 inch pieces (about 1½ cups)
- ¾ cup bottled vinegar and oil salad dressing

(balsamic vinegar preferably)

Arrange steak, mushrooms, zucchini, onion and red pepper in 13-by-9-inch baking dish. Toss with dressing until well coated. Let stand, covered, at room temperature 20 minutes.

Arrange vegetables on grill or broiler rack. Cook about 6 inches from heat, turning occasionally, about 10 minutes until vegetables are tender. Place in bowl and cover.

Place meat on rack. Grill or broil about 5 minutes on each side for medium doneness.

Thinly slice steak diagonally across grain. Serve meat with vegetables. Makes 4 servings. When 1 cup sliced steak and 2 cups grilled vegetable is reserved for Grilled Vegetable Pizza. Sprinkle ½ cup (2 ounces) shredded Monterey Jack cheese with jalapeno peppers over 1 partially-baked pizza crust. Cut steak in 1-inch pieces. Top crust with cooked steak and vegetables. Sprinkle with another ½ cup cheese. Bake in preheated 450° oven or on baking pan in covered grill about 10 minutes until pizza is hot and cheese melts. Makes 4 servings.

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Today's Food

Recipe

SHORT-CUT RISOTTO WITH SEAFOOD

2 tbsp. extra-virgin olive oil
2 tsp. diced red onion
1 1/4 cups uncooked medium or long grain rice
1/2 cup dry white wine, if desired
4 to 5 cups unsalted chicken broth (kept hot over low heat)
12 oz. small scallops, rinsed and patted dry, or small shrimp, shelled and deveined
1 cup peas or broccoli florets
1 tsp. grated lemon zest
1 tsp. fresh lemon juice
1/2 tsp. salt
Freshly ground pepper to taste
Finely chopped fresh basil or Italian parsley

Heat 1/2 cup finely chopped fresh basil or Italian parsley

Heat 1 tablespoon oil in large (4-quart) saucepan over low heat.

Cook and stir onion about 5 minutes until tender. Stir in rice.

Stir to coat with oil. Add wine. Heat to boiling. Stir over high heat until almost evaporated.

Stir in 1 cup chicken broth. Cook, covered, over low heat 5 minutes. Uncover. Stir in additional 1 cup broth. Heat to boiling. Cook, covered, over low heat 10 minutes.

Stir in 1 cup broth, seafood, peas and lemon zest.

Cook and stir 5 to 8 minutes until rice is tender to the bite, mixture is moist and creamy, and seafood cooked. Add remaining broth as needed to keep rice creamy.

Add remaining 1/2 tablespoon olive oil and lemon juice.

Stir in salt and pepper. Spoon into serving bowls. Sprinkle with fresh parsley or basil.

Makes 4 servings; 402 calories, 55 g carbohydrate, 22 g protein, 10 g fat, 28 mg cholesterol, 479 mg sodium and 2 g dietary fiber each.



It's the Berries is one of the handcrafted designs available in a guidebook for "Log Cabin Flower Quilts."

Quilts become family treasure with warm value

The best thing about a handmade quilt is the touch of familiarity it adds to a room. That comfortable old quilt at the foot of the bed serves as a reminder of the love and care Mom or Grandma put into it. That is what makes a handcrafted quilt such a great gift for anyone in a new place — like someone away at school, newlyweds or a new baby.

Here is a great way for aspiring quilters to get started on a special gift. The quick and easy techniques found in a new, full-color, 45-page guidebook, "Log Cabin Flower Quilts," will have you quilting in no time. The book includes a guide to "stitch it, snip it and flip it" for quick piecing, with step-by-step directions and full-size patterns included for 10 floral theme quilts, plus tips on choosing

fabrics and other supplies, sewing guidelines, tips and techniques.

Designs include It's the Berries, Floral Quartet, Windblown Tulips, Tulip Garden, Make Mine Pansies, Primrose Path, Tulip Bed, Folk Tulip Bouquet, Tulips in the Dark and Flowering Garden. The "Log Cabin Flower Quilts" guidebook, No. AN4167, costs \$11.95. A dozen more easy quilting projects come in a full-color, 44-page guidebook called "Log Cabin Quilts," No. AN4126, for \$10.95.

To order by mail, clip this article and send it with a check or money order to U-Bild Features, c/o Suburban Journals of Greater St. Louis, P.O. Box 2383, Van Nuys, Calif. 91409. To order by credit card, call toll-free 1-800-828-2453.

Team Up To Fight Breast Cancer

Sunday, October 4, 1998
8:30 am - 11:00 am

Fontbonne College - Clayton, Missouri
Our Lady of the Snows Shrine - Belleville, Illinois



WALKS FOR WOMEN
A WALK FOR BREAST CANCER AWARENESS

ALLIANCE FOR BREAST CANCER AWARENESS
Hildebrand

If you have five or more people who want to help in the fight against breast cancer and have a good time doing it, you have a team. Walks for Women Teams are forming now, made of people from businesses, organizations, churches, groups of friends, people whose lives have been touched in some way by the disease or those who just want to make a difference. Plus, all teams will receive:

- Walks for Women t-shirts
- A prize bag filled with goodies from local companies
- An award recognizing funds raised by your team
- Your Team's name posted at the event
- A chance to win a Fitness Party by Martha Rounds and Radio Fit America, plus lunch for up to 50 people

So mark Sunday, October 4 on your calendar and start rounding up your team now. Because with every step, we're getting closer.

For a Team Packet or more information about the Walks for Women, just call 314-569-0500.

PIE-MAKING CONTEST OPEN

Keebler ready crust and Mr. Food are sponsoring the Desserts Made as Easy as

Pie Recipe Contest. Recipes using a Keebler pie crust that can be whipped up in no more than 15 minutes, not including baking or chilling time, are due Oct. 31.

To receive an entry form and rules, write to: Desserts Made as Easy as Pie Recipe Contest, 303 East Wacker Dr., Suite 440, Chicago, Ill. 60601.

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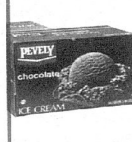
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COMPARE & SAVE!	Shop 'n Save	Schnucks	You Save At Shop 'n Save
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Oscar Mayer Bologna.....1-lb.	2.59	2.89	.30
COOKED			
Seitz Salami.....1-lb.	1.49	1.99	.50
SHOP 'N SAVE/SCHNUCKS			
Pork Sausage.....1-lb. pkg.	1.79	2.39	.60
TURKEY/GRVY			
On-Cor Family Entrees.....32-oz.	1.99	2.98	.99
FAMILY PACK			
Ground Chuck.....1-lb.	1.99	2.49	.50
Pork Cutlets.....1-lb.	2.49	3.29	.80
DELI DEPARTMENT			
Boiled Shaved Ham.....1-lb.	3.99	5.99	2.00
Bananas.....1-lb.	.58	.69	.11
12-COUNT SIZE			
Caulliflower.....head	1.68	2.29	.61
SALTED			
Peanuts.....20-oz. bag	1.98	2.49	.51
Russet Baking Potatoes.....1-lb.	.78	.89	.11

We Discount All Pre-Priced Products Every Day!



ALL GREETING
CARDS
DISCOUNTED
20%
FROM MANUFACTURERS
MARKED PRE-PRICE

ALL BOOKS
& MAGAZINES
DISCOUNTED
10%
FROM MANUFACTURERS
MARKED PRE-PRICE

ALL PRE-PRICED
BAG SNACKS
DISCOUNTED
10%
FROM MANUFACTURERS
MARKED PRE-PRICE

ALL ENTENMANN
& HAAS ITEMS
DISCOUNTED
10%
FROM MANUFACTURERS
MARKED PRE-PRICE



09231A

Shop 'n Save [®] TOTAL VALUE

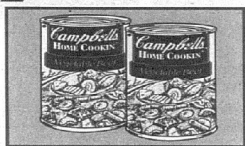


CHICKEN NOODLE
Campbell's
Soup

10/390
10.75-OZ.
LIMIT 10

WHITE & WILD RICE,
OR RICE OR
CHICKEN N STARS
Campbell's
Soup..... **3/279**
10.75-OZ. PKG.

WITH MEAT
Campbell's Home
Cookin Soup..... **2/295**
10.75-OZ. PKG.



WITHOUT MEAT
Campbell's Home
Cookin Soup

2/219
19-OZ.
CAN

**FREE
BREAD!**
With purchase of
Campbell's soup and
mail-in rebate
available in the
in-store ad.
MAXIMUM VALUE \$1.50



Shop 'n Save
Sour Cream

88¢
16-OZ.
CTN.

SMALL CURD
Shop 'n Save
Cottage Cheese.. **129**
16-OZ. PKG.

Shop 'n Save
Chili Mix..... **4/\$1**
16-OZ. PKG.

Shop 'n Save
Oyster Crackers... **2/\$1**
16-OZ. PKG.

ASSORTED VARIETIES
THICK N CHUNKY SALSA OR
Pace
Picante Sauce.. **189**
16-OZ. JAR



FRUIT COCKTAIL OR
Shop 'n Save
Pear Halves

2/\$1
15-15.2 OZ.
CAN

Shop 'n Save
Tomato Sauce..... **3/99**
15-OZ. PKG.

Shop 'n Save
Spread..... **119**
16-OZ. PKG.

Purely Cotton
Bath Tissue..... **88¢**
16-OZ. PKG.

Purely Cotton
Facial Tissue... **88¢**
16-OZ. PKG.



PREMIUM
Shop 'n Save
Coffee

559
39-OZ. CAN

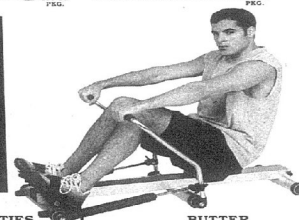
Shop 'n Save
Tea Bags..... **139**
100-CT. PKG.

ASSORTED VARIETIES
Shop 'n Save
Toaster Pastries **89¢**
16-OZ. PKG.

ASSORTED VARIETIES
Hershey
Candy..... **2/495**
16-OZ. PKG.

CHOCOLATE FUDGE
COCONUT OR VANILLA
Pepperidge Farm **2/\$5**
16-OZ. PKG.

**Work Out, Eat Right and Save
With Great Values on these
Low Fat, No Fat Products**



Shop 'n Save Fat
Free Skim Milk

199
GALLON

FREE ITALIAN OR RANCH
Seven Seas
Salad Dressing... **179**
16-OZ. PKG.

FAT FREE
Second Nature
Egg Products... **2/\$3**
16-OZ. PKG.

NABISCO
Snackwell's
Cereal Bars

2/395
7.8-OZ.
PKG.

NABISCO
Snackwell's
Streusels..... **2/395**
14-OZ. PKG.

SUGAR FREE
Archway
Cookies..... **2/495**
16-OZ. PKG.

Canola Harvest
Margarine

95¢
1-LB.
BOWL

ASSORTED VARIETIES
Carnation
Coffeemate..... **129**
16-OZ. PKG.

More Great
Values In-Store

ASSORTED VARIETIES
Musselmans
Apple Sauce

199
46-48 OZ.
PKG.

FAT FREE
Prairie Farms
Egg Product..... **299**
16-OZ. PKG.

ASSORTED VARIETIES
Healthy Choice
Dinners..... **2/\$5**
16-OZ. PKG.

BUTTER
Healthy Choice
Popcorn

99¢
3-PACK

LOW FAT FANCY
Healthy Choice
Shredded Cheese **2/\$4**
16-OZ. PKG.

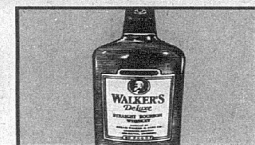
LOW FAT
INDIVIDUALLY WRAPPED YELLOW
Healthy Choice
Slices..... **2/\$4**
16-OZ. PKG.

Liquor Dept. Values



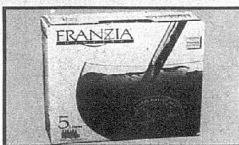
Natural
Light

797
24/12-OZ.
CANS



Walker's
Deluxe

1199
1.75-LTR.
BTL.



SELECTED VARIETIES
Franzia

599
5-LTR. BOX



Blistex
Lip Balm

39¢
15-OZ.
PKG.



J&J Baby
Toiletries

2/\$3
14-15 OZ.
PKG.

LIQUOR PRICES GOOD AT ILLINOIS STORES ONLY. SOME ITEMS NOT AVAILABLE AT ALL STORES

REGULAR, LIGHT
OR DRY
Michelob..... **997**
16-OZ. PKG.

Budweiser or
Bud Light..... **1247**
24-OZ. PKG.

REGULAR OR LIGHT
Genuine Draft
or Miller Lite... **647**
12-1/2 OZ. BTL.

REGULAR, LIGHT OR ICE
Milwaukee's
Best..... **697**
24-OZ. PKG.

REGULAR OR LIGHT
Corona..... **897**
16-OZ. PKG.

REGULAR, LIGHT
OR ICE
Keystone..... **747**
24-OZ. PKG.

REGULAR OR LIGHT
Old
Milwaukee..... **696**
24-OZ. PKG.

ASSORTED VARIETIES
Mr. & Mrs. T's
Mixes..... **2/\$4**
16-OZ. PKG.

SELECTED VARIETIES
Paul Masson
Carafes..... **3/999**
1.5-LTR. BTL.

Smirnoff
Vodka..... **1399**
1.75-LTR. BTL.

**Please Be
Responsible.
Don't Drink
& Drive**

ASSORTED VARIETIES
Mystic
Cliff..... **599**
750-ML. BTL.

Canadian
Mist..... **649**
750-ML. BTL.

ASSORTED VARIETIES
Seagram's
Wine Coolers **2/550**
4-PACK

ASSORTED VARIETIES
T.G.I. Friday's
Cocktails..... **999**
1.5-LTR. BTL.

SILVER OR AMBER
Bacardi
Rum..... **739**
750-ML. BTL.

E&J
Brandy..... **679**
750-ML. BTL.

Nivea Lotion or
Shower Gel... **299**
7.5-OZ. PKG.

Colgate
Shave Cream..... **84¢**
11-OZ. PKG.

WAVE OR TOTAL
Colgate
Toothbrushes... **188**
EACH

REGULAR STRENGTH
12-OZ. LIQUID OR
60-CT. TABLETS
Maalox..... **299**
12-OZ. PKG.

All Neutrogena
Products..... **20% OFF**
REGULAR RETAIL

Colgate
Toothpaste..... **188**
4-6-OZ. PKG.

DISPOSABLE
MICROTAC, DAISY PLUS OR
Good News
Razors..... **189**
5-CT. PKG.

Targen Smoker's
Mouthwash..... **2/\$5**
16-OZ. PKG.

Aleve Tablets
or Caplets..... **599**
100-CT. PKG.

VITAMINE, BODYVIVE, COLORVIVE
Loreal Shampoo **239**
13-OZ. PKG.

NEVER RUST OR NEVER SCRATCH
Scotch
Brite Pads..... **129**
8-CT. PKG.

Look For More Great
Values In-Store

Shop 'n Save

The Best For Less!



USDA CHOICE CORN FED BEEF
T-Bone Steaks

389
lb.

LIMIT 6 T-BONE OR PORTERHOUSE STEAKS COMBINED WITH ADDITIONAL \$10.00 PURCHASE

HUDSON, ALL NATURAL
Chicken Thighs or Drumsticks... **79¢**
JUMBO PACK

BONE IN
Cooks Shank... **89¢**
Portion Ham

Perdue Fresh
Ground Turkey... **179**
lb.

FLAT CUT
Brookfield Corned
Beef Brisket... **189**
lb.

CENTER CUT
Cooks
Ham Steaks... **299**
lb.



12/12-OZ. CANS, SPRITE
Coca-Cola Classic
or Diet Coke

2/488
12/12-OZ. CANS

READY TO EAT
Brooks
Chili... **109**
12-OZ. PKG.

Brooks Chili
Hot Beans... **69¢**
2-OZ. PKG.

Nestle
Quik Milk... **229**
HALF GALLON



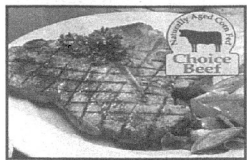
ASSORTED FLAVORS
Shop 'n Save
Ice Cream

3/495
HALF GALLON

ASSORTED VARIETIES
Lucia's
Pizza... **3/995**
17-23.9 OZ. PKG.

ASSORTED VARIETIES
Banquet Meals
Made Easy... **2/599**
OZ. PKG.

ASSORTED FLAVORS
PRAIRIE FARMS, PREMIUM
Old Recipe
Ice Cream... **2/588**
HALF GALLON



USDA CHOICE CORN FED BEEF
Porterhouse Steaks

399
lb.

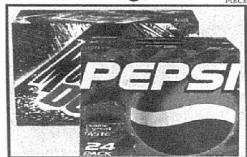
JUMBO
Farmland
Deli Franks... **99¢**
1-LB. PKG.

LINKS
Bob Evans
Pork Sausage... **2/\$5**
12-OZ. PKG.

R.B. Rice
Pork Sausage... **2/\$4**
ADD.

SLICED
Farmland
Bacon... **199**
1-LB. PKG.

CHUNK
Farmland
Braunschweiger... **119**
1-LB. PKG.



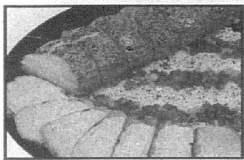
24-CAN CASE
Pepsi, Diet Pepsi
or Mountain Dew

379
24/12-OZ. CANS

LIMIT 3 WITH ADDITIONAL \$10.00 PURCHASE
BUTTER OR BUTTER LOVERS
Act II
Popcorn... **99¢**
3-PK.

ASSORTED VARIETIES
CRAN/RAPEFRUIT
Ocean Spray
Juice... **2/\$5**
64-OZ. BOTTLE

ASSORTED VARIETIES
Ocean Spray
Cran Blends... **2/\$5**
64-OZ. BOTTLE



Fresh Whole
Pork Tenderloin

239
lb.

WEDDER FARMS
Sausage
& Biscuits... **399**
1-LB. PKG.

R.B. Rice
Chili... **219**
1-LB. BOLL.

SEAFOOD DEPARTMENT
Farm Fresh
Catfish Nuggets... **179**
lb.

SEAFOOD DEPARTMENT
Flash Frozen
Swordfish Steaks... **399**
lb.

SEAFOOD DEPARTMENT
Snow Crab
Leg Clusters... **299**
lb.



ASSORTED VARIETIES
Maxwell House
Coffee

599
26-36 OZ. CAN

3-OZ. PKG.
Maruchan
Ramen Noodles... **9/99**

PREMIUM
Nabisco
Saltines... **2/295**
OZ. PKG.

ORIGINAL OR FAT FREE
Nabisco
Fig Newtons... **2/495**
OZ. PKG.



USDA CHOICE CORN FED BEEF
Mock Tender Steaks

199
lb. FAMILY PACK

COOKED SALAMI OR
Hunter
Sliced Bologna... **129**
1-LB. PKG.

DELI DEPARTMENT
Cajun
Roast Beef... **299**
lb.

DELI DEPARTMENT
Wisconsin Hot
Pepper Cheese... **399**
lb.

DELI DEPARTMENT
Swift
Hard Salami... **399**
lb.

BAKERY DEPARTMENT
Fresh Baked
Sub Buns... **99¢**
PKG.



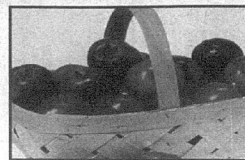
13.5-OZ. RAZZLE DAZZLE RICE KRISPIES,
16.1-OZ. COCOA FROSTED FLAKES,
18-OZ. CORN FLAKES OR 17.6-OZ. SMACKS
Kellogg's Cereal

2/398

SHOP 'N SAVE
White
Sandwich Bread... **99¢**
12-OZ. PKG.

SHOP 'N SAVE
Hamburger or
Hot Dog Buns... **99¢**
8-PK.

Bi-Rite Long
Grain Rice... **99¢**
PKG.



Missouri
Jonathan Apples

98¢
3-LB. BAG

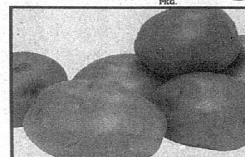
12-COUNT SIZE
Western
Cantaloupes... **98¢**
EACH

Northwest
Bartlett Pears... **78¢**
lb.

CALIFORNIA
Sweet Ripe
Strawberries... **178**
lb.

BAKERY DEPARTMENT
Oreo Cookies &
Cream Cake... **399**
7-PK.

BAKERY DEPARTMENT
Angel Food
Bar Cake... **2/\$3**
PKG.



U.S. NO. 1
Red
Potatoes

198
10-LB. BAG

72-CT. SIZE CALIFORNIA
Sunkist
Valencia Oranges... **4/98**

Tender Sweet
Yellow Corn... **178**
8-PK.

Mann's
Broccoli Wokly... **198**
1-LB. PKG.



Medium
Yellow Onions

78¢
3-LB. BAG

REGULAR OR FAT FREE
Dole Caesar
Salad... **2/\$3**
12-OZ. PKG.

FRUIT FLAVORED
Rainbow
Drinks... **8/98**
8-OZ. BTL.



ASSORTED VARIETIES
Florida's Natural
Orange Juice

2/395
64-OZ. CTN.

ITALIAN OR MOZZARELLA
Farm Rich
Cheese Sticks... **3/\$5**
PKG.

9-INCH
Pinata
Flour Tortilla... **95¢**
12-PK.

ASSORTED VARIETIES
Swanson
Pot Pies... **3/\$2**
PKG.



ASSORTED VARIETIES
Wisk or Surf Ultra
Laundry Detergent

497
98-103 OZ. PKG.

LIQUID
Lysol Toilet
Bowl Cleaner... **199**
14-OZ. PKG.

COUNTRY SCENT
Lysol
Cling... **199**
22-OZ. BTL.

LIQUID OR POWDER, ULTRA
Trend Laundry
Detergent... **2/495**
PKG.

Try These Exotic Varieties!
NOT AVAILABLE AT ALL STORES!

Fresh Napa or
Bok Choy... **98¢**
lb.

ALL VARIETIES
Fresh Tofu... **158**
1-LB. PKG.

Fresh
Kohlrabi... **98¢**
BUNCH

FRESH
Bunch Beets... **98¢**
BUNCH

Fresh Bean
Sprouts... **78¢**
lb.

TOTAL VALUE

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23 24 25 26



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09233A

Automotive

find a new vehicle on-line, www.yourjournal.com



Isuzu brings back its soft-top Amigo

By Tom Strongman

Generation X'ers, rejoice. After a three-year hiatus, Isuzu's Amigo is back, ready to prowling the beaches or frolic on college campuses.

Fold down the canvas rear section of its top and this stubby sport-utility vehicle draws twenty-somethings as inexorably as a bug zapper does mosquitoes (not with the same result, I might add).

This half-convertible sport-utility vehicle is much more civilized than its predecessor because it is derived from the new Rodeo, which is built in Lafayette, Ind. It blends the safety and security of a fixed roof with the open-air fun of a convertible. Front-seat passengers are covered by a steel roof (with a pop-up, removable sun roof) while a folding, soft top covers back-seat passengers. Big wheels and fender flares give it a rugged look.

The base model, with a four-cylinder engine and two-wheel drive, starts around \$15,000, while the V-6 powered, four-wheel-drive version, like the test car, begins at \$19,398.

The Amigo's 96.9-inch wheelbase is roughly 10 inches shorter than the Rodeo, but many of its mechanical components are the same. The 3.2-liter, dual-overhead-cam (DOHC) power plant has 205 horsepower. This engine's weight has been reduced by a compact cylinder head design and a cast-aluminum oilpan.

On the road, the V-6 is smooth and lively. A variable-length intake system fattens up the low-speed throttle response while enabling the engine to breathe freely at high rpm. Keeping up with traffic is easy, especially with the five-speed gearbox

whose shift linkage is light and positive. An overdrive fifth gear allows the engine to relax at highway speeds so you're not inundated with noise.

The base engine, a 2.2-liter, four-cylinder, is also a dual-overhead-cam (DOHC) design, and it develops 130 horsepower. The V-6, however, is the engine of choice because it is so smooth and peppy.

Four-wheel drive is selected by a dash-mounted switch, while a stubby gear lever on the floor is used to select low range.

While the concept of a soft-top off-roader is most appealing, actually putting down the top required more time and effort than I expected. Side and back windows have to be unzipped and removed before the

removed before the canvas top is unlatched from the steel roof and folded down behind the rear seat. Storing the windows so they don't get scratched or damaged can be tricky. I'm sure it gets easier with practice.

The wide, center pillars of the top hinder rear visibility, and the high-mounted stoplight that sits above the spare tire is an irritant when looking in the rearview mirror.

From the driver's perspective, the Amigo has been refined. Controls are logically arranged and easy to reach. The noise level is reasonable for a canvas-topped vehicle, due, in part, to the application of sound-damping, asphalt sheeting between the

inner and outer dash panels, in the wheel wells and in the rear cargo area. Urethane foam also has been used in various body pillars.

Given the Amigo's short wheelbase, it would be natural to assume that the back seat is too tight for anyone under 12 years old, but that is not the case. Getting back there does require some gymnastics, true, but once there, leg room is adequate. Also, the back seat folds down to create a cargo space that can be accessed through the

side-opening tailgate. Wider tread width front and rear not only gives the Amigo a rugged stance, but it improves handling. It felt stable in high-speed turns, and part of that can be attributed to a five-link,

The standard anti-lock brake control unit is now lighter and

The base price of our test vehicle was \$19,398. Options included air conditioning, power windows and locks, tilt steering wheel, cruise control, in-dash CD player, limited-slip differential, 16-inch alloy

The sticker price was \$24,007, including freight.

Points & Plugs

Gasoline prices
dropped over past year

By Rick Stoft

Happy motoring! Gasoline prices in the Midwest have dropped an average of 20 cents a gallon in the past year, says the Automobile Club of America.

In a survey of pre-Labor Day holiday pricing, AAA found that self-service, regular unleaded gasoline averaged just under \$1.04 per gallon in August. That's 20.2 cents per gallon less than in August 1997. Nationally that gallon of unleaded regular was \$1.07—18.9 cents less than last year for the lowest national average found by AAA since 1989.

The Southeast states had the best prices, with regular averaging 98.7 cents per gallon. Prices were highest — \$1.22 per gallon — out West. Other regional averages were \$1.08 in New England; \$1.06 in the Mid Atlantic states; \$1.05 around the Great Lakes; and \$1.03 in the Southwest.

The August price survey shows the 1998 numbers, reversed an upward summer trend at the pumps. Gas averaged \$1.10 per gallon nationally in 1993; \$1.20 in 1994; \$1.18 in 1995; \$1.25 in 1996; and \$1.26 in 1997.

Federal statistics indicate 700,000 auto accidents occur in the dark each year.

"It is a tragic fact that the risk of dying in a traffic crash almost doubles during night-time hours, even though only about one-quarter of driving occurs after

The Cadillac Night Vision system will be available on the 2000 DeVille and project an infrared "heads-up display" on the lower part of the car's windshield at night. The infrared system is dependent upon heat rather than light emissions and can make objects visible to the driver even when they are beyond the range

The technology also will provide additional security to vehicle occupants after the car pulls off the road, Smith said.

"Personal security, an important issue for all Americans, also will be increased by Night Vision since it can detect a person hiding in the dark near homes, offices and even parking lots at the mall," he

This time, we probably don't want to know what they'll think of next. Nissan says its engineers have received a patent for an artificial bird dropping recipe. The fake doo-doo is used to test paint quality and corrosion resistance. By coming up with an artificial substitute that has the same corrosive abilities as the real thing, the company will be able to measure paint quality more consistently.

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***119 DOWN *119 PER MONTH**
1993 GRAND PRIX FULLY EQUIPPED
 1993 GRAND PRIX LIMITED rolling bids
 1991 SUNBIRD CONVERTIBLE \$5,444
 SUZUKI KATANA 600
 1986 EDDIE BAUER 4x4 BROCO loaded, low miles
 3000LH PONTIAC 1991 4WD, all the extras & 3 spd
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4 CADILLAC

'88 COUPE DE VILLE, LEATHER
GREAT ONE OWNER MILS
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Vogue Motor Co. 2828 Gravois 773-2122

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at www.yourjournal.com

6 CHEVROLET
 87 Camaro RS, 1-top, alloy wheels, cassette, 4x4, 5-spk, 5-str. \$9500 616-559-1402
 **88 CAMARO, T-YOPS
 END OF SUMMER BLOWOUT
 \$98DN OR \$3495
 Financing for Almost Everyone
 Vogue Motor Co. 1825 Greene 773-2122

CARS-\$100-\$500!
 Seized & Sold Locally This Month
 All Makes & Models
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88 CAVALIER Z-24 CONVERTIBLE
 LIKE NEW, MUST SEE
 ★ \$98DN OR \$3995 ★
 Financing for Almost Everyone
 Vogue Motor Co. 1825 Greene 773-2122

6 CHEVROLET
95 CHEVY CAMARO
47xxx miles, Full Pwr.
\$10,495.
Brookland Pontiac 332-2277
93 CHEVY CAMARO 2-28
70xxx miles.
\$8,995.
Brookland Pontiac 332-2277
94 CHEVY CAPRICE
CLASSIC LS
Loaded, 47xxx Miles \$11,995.
Brookland Pontiac 332-2277
*1 CORSICA ONE OWNER V-6
* \$2995/\$999D *
Carson's Financial
CARDINAL 3080 Gracvia 773-8515
79 EL CAMINO- 305 Automatic,
Rallye, runs good \$1250
OBO. 304-0678
Fuller

6 CHEVROLET
 '01 CORSICA ONE OWNER V-6
 ★ \$2995/\$999DN ★
 Almost Everyone Financed
 CARDINAL 2991 Arenal 773-1003
 79 EL CAMINO 305 Automatic
 Really runs good \$1250
 DISC. 304-0678
 '85 MONTE CARLO RS, QUICK
 CUSTOM WHEELS, SHIFT KIT
 ★ \$98DN/MUST SEE ★
 Financing for Almost Everyone
 Vegas Motor Car. 6650 Grand 776-1122

'95 MX-3, RED, SPORTY
 Blue Book \$8700 Our Fall Blowout
 ★ \$98DN OR \$5995 ★
 Financing for Almost Everyone
 Vegas Motor Car. 6650 Grand 776-1122

6 CHEVROLET
72 NOVA- DIAMOND plea
interior, SS-Rallys
six cylinder automatic
\$1500 OBO. 394-0678

8 CHRYSLER
'88 LEBARON CONVERTIBLE
Extremely clean, low mileage, only
★ \$1000N/\$169MO ★
We Finance Almost Anybody
Contact 7212 Manchester 497-2990

10 DODGE
97 DODGE AVERGER
26xxx miles, Clean
\$11,495.
Brookland Pontiac 332-2277

**IT PAYS TO READ
THE CLASSIFIEDS!!**

10 DODGE
 '89 Dodge Dynasia. Needs transmission work, make best offer. call after 5p.m. 877-0773.
 *B5 NEON HIGHLINE 4DR
 STEAL THIS ONE!
 * \$98DN OR \$5995 *
 Financing for Almost Everyone
 Vogue Motor Co. 4650 Gravia 778-2122

12 EAGLE
 '94 TALON, AUTO, A/C
 GREAT MILES.
 * \$98DN/\$189MO *
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14 FORD
 Black 1996 Cobra Mustang

14 FORD

EXCELLENT CONDITION
Convertible 1995 Mustang
Red w/black top, power
windows, lock seats, keyless
entry, cassette, 3,200 liter, and
new tires, brakes, cruise,
tint. 4200miles. \$13,200/obo.
931-5897 or 576-2316.

'97 EXPEDITION
Eddie Bauer
L O A D E D
3rd Seat, Rear Heat & Air
17,XXX mi
Private Owner
\$30,750
(314) 432-6806

Ford Escort, good body

<h1 style="margin: 0;">0.9%[*] APR</h1> <p style="font-size: small; margin-top: 5px;">26,000 miles for \$20,000 \$16.25-\$24.27 Leasing, \$750 as in Firm. 070 \$37, \$31,198</p>		<p style="text-align: center;">Cavaliers • Luminas • S10 Pickups</p> <p style="text-align: center;">• Malibus • Camaros • Metro & Trackers • Venture Vans • Blazers</p> <p style="text-align: center;">• Monte Carlos • Astro Vans, G-Vans</p>		<p style="font-size: x-small; margin: 0;">ON FORD TEMPO GL Credit Buy \$249 Blackland Pontiac 333-2277</p> <p style="text-align: right; font-weight: bold; font-size: small;">Classified Ads Work!!</p>
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 24%;"> <h2 style="margin: 0;">'98 Cavalier</h2> <p style="font-size: x-small;">Stock #9606 Air, Automatic</p> <div style="background-color: black; color: white; padding: 5px; width: fit-content; transform: rotate(15deg);">REBATE \$1000</div>  <div style="background-color: black; color: white; padding: 5px; width: fit-content; transform: rotate(-15deg);">0.9% APR</div> </div> <div style="width: 24%;"> <h2 style="margin: 0;">'98 Blazer LS</h2> <p style="font-size: x-small;">Stock #3681</p> <div style="background-color: black; color: white; padding: 5px; width: fit-content; transform: rotate(15deg);">REBATE \$3,500</div>  <div style="background-color: black; color: white; padding: 5px; width: fit-content; transform: rotate(-15deg);">0.9% APR</div> </div> <div style="width: 24%;"> <h2 style="margin: 0;">'98 S-10 Pick-Up</h2> <p style="font-size: x-small;">Stock #3670</p> <div style="background-color: black; color: white; padding: 5px; width: fit-content; transform: rotate(15deg);">\$2000 REBATE</div>  <div style="background-color: black; color: white; padding: 5px; width: fit-content; transform: rotate(-15deg);">FACTORY AIR</div> </div> <div style="width: 24%;"> <h2 style="margin: 0;">'98 Full Size Ext. Cab Silverado Loaded</h2> <p style="font-size: x-small;">Stock #3472</p>  </div> </div>				

\$11,775* or just \$197 per month

2000 model
\$117* payment based on \$2,000 down, 3.9% APR for 60 mos. to GMAC Financing on qualified buyers excludes tax, title and DOC fees.

\$10,281*

Price includes \$2,000 rebate, \$250 payment based on \$2,000 down cash or trade (3.9% for 60 months GMAC financing on qualified buyers) excludes tax, title and DOC fees.

\$20,549

Price includes a \$750 Rebate. Excludes tax, title and DOC fees.

***0.9% APR FOR 36 MONTHS FOR QUALIFIED BUYERS THROUGH GMAC. (2.9%, 3.9% APR ALSO AVAILABLE FOR FINANCING UP TO 60 MONTHS)**

A Good Used Car Is A Great Way To Save, If You Buy It At The Right Place. "We've Got One For You!"

<p>#P167 94 CHEVY CORSSICA 4Dr., V6, Auto, A/C, Low Miles, Priced Right 3 to Choose From</p> <p>#19149A 93 CHEVY CAVALIER 4 DR RS. 43,000 Miles, Auto, P.S. A/C, Low Miles, Priced Right \$6,995</p> <p>#3618A 95 DODGE DAKOTA 4X4 EXT CAB, Low Miles, LOADED</p>	<p>#P739A 93 CAMARO CONVERTIBLE Like New, Low Miles Priced to Sell \$21,469</p> <p>#97414A 95 TOYOTA CAMRY LE Auto, A/C, Low Miles Priced to sell \$12,995</p> <p>#P214 96 PRIZM Great Car, Low Maintenance</p>	<p>#P221 97 BUICK LE SABRE 4 DR Loaded, w/extra's 18,000 miles, Really Sharp</p> <p>#97414A 95 TOYOTA CAMRY LE 4 Dr Auto, P.S., PW, Pwr Locks, A/C, Super Nice Car Priced to sell \$12,995</p> <p>#P159A 97 CHEVY S-10 PICKUP RED Extended Wheel Base, Low Miles, Priced to sell \$17,095</p>	<p>#P175 97 METRO 4DR White, Auto, A/C, Low Miles, 4 or 5 to Choose from Priced to Sell</p> <p>#94355A 94 DODGE INTREPID 4 DR S. Loaded, On, Extra Clean, Must See and Must Drive</p> <p>#P147 97 CHEVY CAVALIERS Low Miles, Factory Warr., Auto, A/C, Priced to Sell, 5 to Choose from</p>	<p>#P130A 95 OLDS CUTLASS SUPREME 4 Dr, Extra Clean, Loaded w/Equip. \$9,995</p> <p style="text-align: center;">OVER 50 IN STOCK LIKE NEW 35'S, 96'S, 97'S, 98'S Most W. Factory Warrant Remaining!</p> <p>#P458 94 MERCURY SABLE GS 4 Dr., Auto, V6, A/C, Priced to Sell \$17,995</p>	<p>#P990 97 Pontiac Grand AM Loaded, Low Miles \$16,995</p> <p>#36505A 94 Chevy C1500 Work Truck, Runs & Looks Great PRICED RIGHT</p>	<p>#P906 97 FORD CONTOUR 4 DR GL. Loaded, Auto, Air, Very Clean Only \$9,995</p> <p>#3467A 93 MERCURY COUGAR XR7 Loaded, Very Clean, Runs & Looks Great</p> <p>#37047A 96 Chevy S-10 PU 5 speed, Clean Truck 22,xxx Miles \$9,675</p>	<p>#3657A 96 CAVALIER CPE Auto, A/C, Nice Car \$17,793 Low Price</p> <p>#P197 95 CHEVY C1500 PU Reg. Cab, Long Bed, Auto, A/C, Loaded</p> <p>#P441B 95 CAMARO Z28 CONV. Black, 43,000 Miles, Great Shape, Priced Right</p> <p>#90383B 95 MINIMA APV MINI VAN Loaded w/Equipment \$19,995</p>	<p>#P216 95 CHEVY BERETTA Z28 CPE. Fast - 140mph Top \$17,713</p> <p>#94254A 93 CHEVY CAVALIER R.S. WAGON Loaded, Really Clean, Runs Great, Auto, A/C, \$17,995</p> <p>#4014B 95 FORD XLT SUPERCAB 4 Wheel Drive, Loaded, V8, Auto, Nice, Priced to Sell \$17,475</p> <p>#34222A 96 Jimmy SLT 4x4 4 Dr. Minivan, A/C, Loaded Priced Right \$18,995</p>
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 4x4, 100,000 Miles
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50 MAZDA
95 MAZDA, RED, SPORTY
 100,000 Miles. 1998. AT.
 \$1,500
 95 MAZDA, RED, SPORTY
 100,000 Miles. 1998. AT.
 \$1,500
 95 MAZDA, RED, SPORTY
 100,000 Miles. 1998. AT.
 \$1,500

60 TOYOTA
95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500
 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500
 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500

70 TOYOTA
95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500
 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500
 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500

80 TOYOTA
95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500
 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500
 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500

90 TOYOTA
95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500
 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
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 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
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100 TOYOTA
95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500
 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
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 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
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110 TOYOTA
95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500
 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
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 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
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120 TOYOTA
95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500
 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
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 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
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130 TOYOTA
95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500
 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500
 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
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140 TOYOTA
95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500
 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500
 95 TOYOTA, AUTO, 4x4
 100,000 Miles. 1998. AT.
 \$1,500

84 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500
 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500
 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500

94 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500
 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500

104 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500
 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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114 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500
 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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124 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500
 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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134 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500
 95 SILVERADO STEEP
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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144 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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154 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500
 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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164 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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174 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500
 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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184 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500
 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
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194 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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204 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500
 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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214 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500
 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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224 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
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 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500

234 CHEVROLET
95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500
 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500
 95 SILVERADO STEEP
 100,000 Miles. 1998. AT.
 \$1,500

105 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500

115 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500

125 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
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135 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
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 95 FORD F250
 100,000 Miles. 1998. AT.
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145 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
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 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500

155 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
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 95 FORD F250
 100,000 Miles. 1998. AT.
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165 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500

175 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500

185 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
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 95 FORD F250
 100,000 Miles. 1998. AT.
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195 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500

205 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500

215 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500

225 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500

235 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500

245 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500

255 VANS
95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500
 95 FORD F250
 100,000 Miles. 1998. AT.
 \$1,500

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1988 Honda Rebel 500
 100,000 Miles. 1998. AT.
 \$1,500

215 MOTORCYCLES/ATVS
1988 Honda Rebel 500
 100,000 Miles. 1998. AT.
 \$1,500

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1988 Honda Rebel 500
 100,000 Miles. 1998. AT.
 \$1,500

235 MOTORCYCLES/ATVS
1988 Honda Rebel 500
 100,000 Miles. 1998. AT.
 \$1,500

245 MOTORCYCLES/ATVS
1988 Honda Rebel 500
 100,000 Miles. 1998. AT.
 \$1,500

255 MOTORCYCLES/ATVS
1988 Honda Rebel 500
 100,000 Miles. 1998. AT.
 \$1,500

265 MOTORCYCLES/ATVS
1988 Honda Rebel 500
 100,000 Miles. 1998. AT.
 \$1,500

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1988 Honda Rebel 500
 100,000 Miles. 1998. AT.
 \$1,500

285 MOTORCYCLES/ATVS
1988 Honda Rebel 500
 100,000 Miles. 1998. AT.
 \$1,500

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1985 HONDA
 250 SX
 3 Wheeler, 5 Speed
 and Reverse
 25 hours running time.
 One of a Kind.
 \$1,500. 778-6992

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 4.3
 liter, V6, 100,000 Miles.
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1988 MARK TWAIN 179
 4.3
 liter, V6, 100,000 Miles.
 \$1,500. 778-6992

195 BOAT/MOTORS
1988 MARK TWAIN 179
 4.3
 liter, V6, 100,000 Miles.
 \$1,500. 778-6992

195 BOAT/MOTORS
1988 MARK TWAIN 179
 4.3
 liter, V6, 100,000 Miles.
 \$1,500. 778-6992

195 BOAT/MOTORS
1988 MARK TWAIN 179
 4.3
 liter, V6, 100,000 Miles.
 \$1,500. 778-6992

195 BOAT/MOTORS
1988 MARK TWAIN 179
 4.3
 liter, V6, 100,000 Miles.
 \$1,500. 778-6992

195 BOAT/MOTORS
1988 MARK TWAIN 179
 4.3
 liter, V6, 100,000 Miles.
 \$1,500. 778-6992

195 BOAT/MOTORS
1988 MARK TWAIN 179
 4.3
 liter, V6, 100,000 Miles.
 \$1,500. 778-6992

195 BOAT/MOTORS
1988 MARK TWAIN 179
 4.3
 liter, V6, 100,000 Miles.
 \$1,500. 778-6992

195 BOAT/MOTORS
1988 MARK TWAIN 179
 4.3
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1988 MARK TWAIN 179
 4.3
 liter, V6, 10

320 HELP WANTED 320 HELP WANTED

Tired of your Current Job?
Want something to spice up your life?
Become a Team Member at Kiel Center. We are having an application session on Thursday, September 24, 1998 from 4:00 pm until 6:00 pm.
We will be hiring:
• Vendors
• Food Service Host
• Food Service Supervisors
• Portable Beverage Hosts
Commissary I
Use the team member/Employee Entrance at 15th and Walnut Streets.
Call the JOB HOTLINE at 314-589-5848 for further information.
*APPLICANTS MUST BE AT LEAST 21 YEARS OF AGE

PERSONAL Assistant to a Side... qualified with active... independence...
*APPLICANTS MUST BE AT LEAST 21 YEARS OF AGE

320 HELP WANTED 320 HELP WANTED

PLACE YOUR AD DAY OR NIGHT
Suburban Journals Classified Department
Monday-Thursday 7am - 8:30pm
Friday 7am - 8pm
Saturday 9am-1:30pm
CALL 966-FAST (3278) 1-800-766-3278

REAL ESTATE SALES
FLEXIBLE HOURS!
THOROUGH TRAINING!
MUST BE 21 AND HIGH SCHOOL GRADUATE
NO EXPERIENCE NECESSARY
*STARS REALTORS
876-0024

320 HELP WANTED 320 HELP WANTED

ROOFERS
Experienced Roofers... Full Union benefits...
*ASK FOR MIKE

Business Need a Boost?
Call 821-1444 or 1-800-766-FAST
Suburban Journals Commercial Department

320 HELP WANTED 320 HELP WANTED

Get Comfortable with Our Success
Sales Secretaries...
*ASK FOR MIKE

Need a Boost?
Call 821-1444 or 1-800-766-FAST
Suburban Journals Commercial Department

330 MEDICAL & HEALTH CARE 330 MEDICAL & HEALTH CARE

CNA's
Don't miss this opportunity...
*ASK FOR MIKE

CNA's
Don't miss this opportunity...
*ASK FOR MIKE

330 MEDICAL & HEALTH CARE 330 MEDICAL & HEALTH CARE

RESTORATIVE THERAPY AIDE
We have a full time position...
*ASK FOR MIKE

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We have a full time position...
*ASK FOR MIKE

CLASSIFIED

North America's largest group of community newspapers, the Suburban Journals has the following openings in our Sales & Marketing Department.

Inside Sales Representative
Full or Part Time
Part Time day & evening schedules available.
Entry to Senior Level
Must type 40 wpm, have excellent customer service, spelling & proofreading skills; and be a positively motivated team player.
Senior Level positions require sales experience.
Inside Sales Candidates only may call our jobline at 314-822-2242, Ext. 367. Please leave a detailed voice resume including daytime phone number.

TRUCKING DRIVERS
YOUR EMPLOYMENT SOURCE FOR 1998

DRIVERS NEEDED
OCT - DEC 24TH
• NO ACCIDENTS OR MOVING VIOLATIONS IN THE LAST 12 MONTHS
• NO DRUG OR ALCOHOL DISCREPANCIES IN THE PAST 3 YEARS
• MUST MEET ALL DOT/UPS QUALIFICATIONS
• DELIVERY DRIVER
• \$13.97 PER HOUR
• CLASS E CHAUFFERS LICENSE
• AVAILABLE TO WORK MONDAY - FRIDAY
• TRACTOR TRAILER
• \$13.97 PER HOUR
• CLASS A CDL
• HAZARDOUS MATERIAL ENDORSEMENT
• AVAILABLE 24 HRS A DAY (MON - FRI)
FOR MORE INFO:
VISIT US
13819 RIDER TRAIL N
EARTH CITY, MO
FRIDAY, SEPT. 25TH AT 10AM
EOE M/F

DRIVER
Well established carrier has immediate openings at their St. Louis branch. Individuals must be at least 24 years of age, possess a CDL Class A license and have 2 years of verifiable experience. Individual must be able to run a 2 day route twice a week. Average weekly salary is \$600.00. Excellent benefits package. Call 314-272-8600 between 9:00 am and 3:00 pm and ask for Mike.

ATTENTION CNA'S

FREEBRO CARE CENTER IS VERY PROUD OF ITS REPUTATION FOR GIVING QUALITY CARE TO OUR RESIDENTS. WE ARE NOW IN NEED OF GOOD NURSE AIDES. COME SEE ME AND TELL ME YOUR NEEDS, PERHAPS WE CAN HELP EACH OTHER.
MARY SHAIN, ADMINISTRATOR
746 URBANA DR.
FREEBRO, IL. OFF PHONE
618-539-5856

SECURITY GUARDS

SECURITY GUARDS
We will be interviewing for immediate openings as Security Guards on Wednesday, September 23rd at the Temple Baptist Church, 714 Cambridge Avenue, Madison, IL. Must be over 21. No felony convictions. No non-union members. Working knowledge of WordPerfect for Windows and Microsoft Excel. The firm offers excellent benefits and a 35 hour work week. Please call 314-212-1190, Ext. 334.

STAFF RELIEF

STAFF RELIEF
Positions available throughout the entire Metro East area for experienced, quality caregivers. We offer the following:
• Instant Pay
• Sign On Bonus
• Referral Bonus
• Benefits
• Top Pay
• The Best Shifts
Call Michelle at 314-212-1190, Ext. 334.

POSTAL JOBS

POSTAL JOBS
Starting \$14.68/hr. + Benefits For Exam and Application Info.
Call 1-800-955-9195 ext. 638 8AM - 9 PM 7 days

HOTEL/HOSPITALITY
RECRUITMENT RESOURCE IS YOUR EMPLOYMENT SOURCE FOR 1998

WINGATE INN
Serving Riverfront and Earth City
When It Comes to Quality, We Mean Business
Catering to the business traveler, guests at the new Wingate Inn enjoy a higher standard of service and accommodation than anywhere else on their itinerary. We also mean business when it comes to career opportunities with room for advancement and competitive pay. We currently seek motivated, reliable, customer-oriented individuals for:
• HOUSEKEEPERS
• GUEST SERVICES REPRESENTATIVES
Requires exceptional communication skills, computer/typing proficiency.
• MAINTENANCE ENGINEER (P/T)
Electrical, plumbing, HVAC system know-how a must. Pool care desirable.
Apply in person Wed., Sept. 23rd - Fri., Sept. 25th from 8 am-5 pm at our hiring office: 11880 Lakeland Road, Maryland Heights, MO. Call 314-209-0001 for details or directions. We are an equal opportunity employer.

FOOD SERVICE AIDES

FOOD SERVICE AIDES
Full and Part Time
St. Anthony's Office:
• Benefits to full and part time employees
• Competitive salaries
• Doesn't require you to work past 8:00pm
• Opportunity to increase pay \$7.5/hr. within first six months
Consider St. Anthony's Medical Center! We have full and part time openings available in all areas of our dietary department. All positions require weekend and holiday rotation shifts. Interested applicants please submit an application/resume to:
Human Resources
ST. ANTHONY'S MEDICAL CENTER
10010 Kennerly Rd.
St. Louis, MO 63128
EOE M/F/D/V A Member of Unity Health

LAQUINTA INN & SUITES

LAQUINTA INN & SUITES
has immediate openings in:
• Desk Clerk
• Housekeepers
• PT Auditor
Premium pay based upon experience.
314-894-9449
TO PLACE YOUR AD IN THIS SECTION CALL 821-1555!

LAQUINTA INN & SUITES

LAQUINTA INN & SUITES
has immediate openings in:
• HOUSEKEEPING
• FRONT DESK, PM, PT
Competitive wages, great benefits and team environment offered. Please apply at 11805 Lakeland St. Louis, MO EOE NO PHONE CALLS PLEASE

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DESK CLERK

DESK CLERK
We have an immediate opening for an experienced Desk Clerk. Will train right person. We offer competitive wage, great benefits and excellent team environment. Please apply in person.
MOTEL 6
6500 S. Lindbergh
St. Louis, MO EOE
We'll Leave The Light On

HOULIHAN'S

HOULIHAN'S
Union Station
Enjoy The 1998 Season Of Fun & Excitement!
HIRING
• SERVERS
• HOST/STRESS
Insurance available from day one! Work with a respectful and trusting staff that believes service is the key! Mon-Fri., 2-4pm
436-0844

LAQUINTA INN

LAQUINTA INN
has immediate openings for:
• FRONT DESK, PM
• NIGHT AUDITOR
Competitive wage, great benefits and environment offered. Please apply in person.
5781 Campus Ct.
Hazelwood, MO EOE
NO PHONE CALLS PLEASE

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2440 MOBILE/HM'S FOR SALE

GMC REAL ESTATE/ MOBILE HOME BROKERS
Homes in choice Madison and St. Clair County parks

LIKE NEW TOP QUALITY
2 Bdrm 16'x70'. Will deliver to your location. Selling due to death in family. Loaded with appliances. \$1,150 down. Payments \$350. Must see!

CHOICE
EDWARDSVILLE
2 Bdrm 16'x70'. Quality 16'x70' area park. Provides water, trash and sewer. As little as \$1,000 down. Payments \$350. Must see!

STARTER HOME
Loaded with appliances. 2 Bdrm in Porton Beach area park. Provides water, trash and sewer. As little as \$1,000 down. Payments \$350. Must see!

DOUBLEWIDE
already set up in top Porton Beach area park. FHA financing available with low \$500 down. Payments \$350. Must see!

CONVENIENT
COLLINGSVILLE PARK
near Vashant. 2 Bdrm 16'x70'. Quality 16'x70' area park. Provides water, trash and sewer. As little as \$1,000 down. Payments \$350. Must see!

398-1166

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398-1166

2442 MOBILE HM. SITES (LOTS FOR SALE)

MOVE IN SPECIAL
YOUR CHOICE
\$500 CASH
3 MO. SITE RENT
FREE OR
\$99.00 PER MO.
FOR 6 MONTHS
FOR DETAILS
CALL: 268-9222

2465 REAL ESTATE INFO

BARGAIN HOMES FROM \$4000
and down! 1 week from 1-800-923-2730. Ext. 1299

BARGAIN HOMES
100% of govt. insured & resale properties liquidating excel. Govt financing. Low or no down. Call Now! 248-821-777. Ext. 2493

GOVT FORECLOSED HOMES
from Penna. Co. \$1.500. Rep's, Rep's, Rep's. Your Area. Toll Free. 1-800-218-8000 Ext. H-401 For Current Listings

2485 REAL ESTATE WANTED

WE BUY HOMES. Investors With Cash Ready To Buy As Is Fast Answer. No Hassle. Confidential. Call John Sobel Realty 931-0200 or 931-2000.

2450 COMMERCIAL PROP. FOR SALE

2748 CAMP JACKSON, Calhoun Restaurant/Bar to be auctioned October 7, 7pm. ALLAN AUCTION, 244-8293.

118 N. BLUFF, Collinsville Sports Bar to be auctioned October 7, 7pm. ALLAN AUCTION, 244-8293.

2450 COMMERCIAL PROP. FOR RENT

COMMERCIAL SPACE AVAILABLE
Granite City area. 500 to 1000 sq. ft. Call today for info. See us at Hwy 111 and Rte. 130. 818-401-0882.

OFFICE SPACES AVAILABLE
Granite City area. 500 to 1000 sq. ft. Call today for info. See us at Hwy 111 and Rte. 130. 818-401-0882.

2450 OFFICE SPACE FOR RENT

IDEAL for incubator or shared space situation. 2500sqft. 451-5277.

2 OFFICES FOR RENT ON HWY 111
1. 2nd floor office. Outside view. 700sq ft. \$450. 1st floor office. 700sq ft. \$450. 2nd floor office. 700sq ft. \$450. 1st floor office. 700sq ft. \$450.

2450 RETAIL STORE SPACE FOR RENT

NEW DANDEL, AEROBIC and Karate Studio for rent, brand new, in Nemoind Village. 4272.

2601 APARTMENTS/FLATS FURNISHED

3 ROOM and Bath. 827-7462
1 ROOM/2nd floor Apt. Private Bath. 827-7462

UPTOWN 2nd floor, 1BR apartment. AC, central heat, cable TV, utilities paid. \$385/mo. \$500 deposit w/lease. 344-1500

2620 APTS./FLATS UNFURNISHED

2 AFFORDABLE
No lease. No deposit. 314-721-1800. 314-721-1800

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UPTOWN 2nd floor, 1BR apartment. AC, central heat, cable TV, utilities paid. \$385/mo. \$500 deposit w/lease. 344-1500

2620 APTS./FLATS UNFURNISHED

CHOUTEAU BAY & CHOUTEAU TRAIL
All new energy efficient two bedroom

including: microwave, gas range, refrigerator, washer/dryer hookups, 3 on site laundry facilities, cable hookups in all rooms, carpeting throughout, central air/heat

APARTMENTS AT 4485-4515-4555
Managers Office: 64 Abel Court, Granite City 931-5933

\$ Gift Certificate \$ 280.00
To use any way toward rent, cable, Washer/Dryer rental or security deposit.

Offer only with any other published offer and good only for new tenants of Chouteau Trace Bay apartments. Coupon must be presented for gift certificate.

Small 2br Apt for Rent. \$375. mo and \$500 deposit. Call 451-2403.

3 Very Nice 1 bedroom Apt. \$425. mo. Rent starting at \$350. 618-452-1076.

YES! COLLINGSVILLE, 2 Nice Units. 1300, carpet, water, sewer, trash provided. No pet. \$310-\$315. 215-2155. 215-2155.

2 BDRM DUPLEX Porton Beach. 2 bedrooms \$330. No pet. 727-2545.

Duplex for rent 3218 Kilmer. \$425 per month. 2 Bdrm, washer and dryer hook-up. Call 326-3246 or 931-7105.

DUPLEX FOR RENT. 2 Bdrm, 2 bath, garage, modern, located at 804 Leslie in Collinsville. Available October 1, 1998. \$650. 346-1342.

2620 APTS./FLATS UNFURNISHED

SPACIOUS 1 & 2 bedroom
apartments. Very close to all area in Collinsville, near 215th St. 1300 sq. ft. Office space is also available. Call today for more information. 618-452-1076 or 618-452-1076

3 SPACIOUS CLEAN ROOMS
1 bedroom, appliances. 327-345-7185

Two bedroom townhouse.
1 1/2 baths, private basement. W/washer & dryer hook-ups, trash & sewer paid. \$390 plus deposit.

Sir John Court Apts.
2722 Center Granite City Call 452-0925

3 Very Nice 1 bedroom Apt. \$425. mo. Rent starting at \$350. 618-452-1076.

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2620 NORTH COUNTY UNFURNISHED

SAVE! On Spacious Floor Plans at Paddock Village! 2BR Gardens From \$450
Some with Garage. Fireplaces and Lots. 810-355-0718

2645 Condominiums/Townhomes RENT
Large, spacious 2 bedroom luxury townhomes and garden apartments. All electric, washer/dryer hookups, fully equipped kitchen, off-street parking, decks, patios, ideal location across from park, Center Grove Road and East Drive in Edwardsville. 199-5475

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Occupational therapy helps elderly health, happiness

Ruth was an elderly Los Angeles woman afraid to ride city buses because she couldn't climb up the step to get aboard.

Thanks to a study being conducted by the University of Southern California, an occupational therapist created a practice step for her at home, then ushered her aboard a real bus one day.

"When she could get on the bus, she was on the threshold of a whole world of opportunity," says Florence Clark, lead author of the study. The research shows preventive occupational therapy that teaches elderly people how to keep up daily activities improves their physical and mental health and helps them live independently.

Clark, chairman of USC's Department of Occupational Science and Occupational Therapy, presented her results at the American Medical Association's Science Writers Conference in Washington. The study also

appeared in a recent issue of *The Journal of the American Medical Association*.

Clark said the study suggests that in an age of medical cost-cutting, occupational therapy could provide savings by delaying reliance on expensive nursing home care.

"Healthy and independent is less expensive than sick and dependent," she said. Occupational therapists traditionally help people with illness, injury or other

impairments regain skills to lead a healthy, productive life. In the USC study, they sought to help seniors develop routines that balance work, rest, recreation and social life. Therapists sought the "just-right challenge" that would inspire each to take risks rather than remain housebound.

"Staying healthy is not just a matter of going to the gym and eating right," or simply keeping busy, Clark said.

To Clark, occupational therapists can be like

"personal trainers" for the elderly, coaching them on "lifestyle redesign" that takes into account their passions as well as limitations. "Can they walk a block? Are they limited in going to visit their friends because of health issues?" she said.

Such considerations were incorporated into the Well Elderly Study, which looked at 361 residents of federally subsidized apartment buildings for low-income seniors in Los Angeles.

The subjects, ages 60 to 89, came from a broad mix of backgrounds and included blacks, Hispanics, whites and Asians. They were randomly divided into three groups. The first group received two hours each week of group occupational therapy and an hour each month of individual therapy with personalized programs that were key to success, Clark said.

One control group participated in more than two hours of organized social activities each week, while the other control group had no activities or programs.

Therapists identified activities that would give seniors "a sense of contribution and a sense of accomplishment" and help them confront the fears that can isolate them. In one group session, participants were helped to hop a bus to Long Beach, where they had to make choices about shopping and sightseeing.

At the end of nine months, those who received occupational therapy posted more

gains and fewer declines than those in the two control groups, Clark reported. Researchers measured results using standard tests and questionnaires to rate health, mental attitude and life satisfaction.

When it came to physical health problems that limited work and activities, the occupational therapy group showed an improvement of 1 percent, while the control groups declined by 13 percent, Clark said. "In the measure of vitality, the (occupational therapy) group showed an increase of 6 percent, while the control groups declined by 2 percent," she said.

Dr. Gary Small, a psychiatry professor and director of the University of California, Los Angeles, Center on Aging, praised the study and its approach to aging.

"It's important to demonstrate that nonmedical interventions have an impact," Small said. "It's particularly important for elderly people because of their sensitivity to side effects of medicine. The take-home message from this paper is that nonpharmacologic treatments can be effective and have profound impacts on people's quality of life."

Among study sponsors were the National Institute on Aging, the National Center for Medical Rehabilitation Research and the American Occupational Therapy Foundation, Center at USC.

— Associated Press

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Program applications available in early '99

Senior citizens who would like to apply for the state's Circuit Breaker program can begin filling out applications early next year, said State Sen. Frank Watson (R-Greenville).

According to the Illinois Department of Revenue, the forms will not be ready until January 1999, after the current year's program closes.

Last month, Gov. Edgar signed a new law which raises the income limit for the Circuit

Breaker program from \$14,000 to \$16,000.

"This raise in the income limit will allow another 50,000 seniors to take part in this very successful and beneficial program," Watson said.

Seniors receive help in paying for important day to day medications as well as property tax relief which helps those living on a tight or fixed income.

The Circuit Breaker program provides qualifying seniors

with grants up to \$700 to help them offset property taxes and the Pharmaceutical Assistance program helps seniors buy prescription medicines for diabetes, arthritis, and heart disease.

If you should have further questions about the state's Circuit Breaker program please call the Illinois Department of Revenue's Circuit Breaker telephone line at 1-800-624-2459.

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Follow these tips to decorate around a big-screen TV

"Never has one of my gifts met with such an enthusiastic response," Lyn Peterson said of the 55-inch television set that she gave her family for the holidays.

Peterson, an interior designer and head of Motif Designs in New Rochelle, N.Y., didn't want the new set to stick out like a sore thumb — yet it was far too large to be inconspicuous.

This is a decorating concern more consumers are facing as TVs with outsize screens — those measuring from 40 to about 80 inches — gain popularity. More than 325,000 were shipped to dealers in 1987, compared to 465,000 in 1983.

These days, 12 percent of American households own a front- or rear-projection TV — the types of set with screens 40 inches or bigger — according to the Consumer Electronics Manufacturers Association in Arlington, Va. In 1984, the figure was 1 percent.

Peterson solved her decorating problem with a custom-made corner cabinet. The open top houses the TV and a VCR. Closed storage below holds tapes and video games.

"Create a muted background in the TV room and try to store stereo components behind closed doors where the blinking lights of electronic equipment will not be distracting."

Lyn Peterson

The cabinet, built on-site by a carpenter for about \$500, masks the bulk of the television, takes advantage of otherwise wasted space below to keep clutter at bay, and provides a more finished look to the room, Peterson said. The corner location and elevating the set 42 inches above the floor make the screen visible in all parts of the room.

Peterson says she learned a lot about how to decorate a room around a very large TV from her own experience. Treat the TV as the room's focal point, she says — "anything that large is going to be a focal point in the room, anyway."

If sofa and easy chairs are arranged in an L-shaped formation, it's best to place the set on an angle in the opposite corner for maximum visibility from every seat. Try not to place a TV directly across from a window since daylight will reflect onto the screen.

Window coverings can help adjust light levels for daytime viewing. Peterson prefers venetian blinds or slatted shutters rather than opaque

coverings like heavy curtains; these let the room be dimmed, without totally eliminating daylight and creating a tomblike atmosphere.

Most of the reflections cast on the screen at night come from lamps and lighting fixtures. Dark lampshades will cut the glare and avoid such reflections, Peterson says. Light sources should preferably be located behind the viewer. A rule of thumb is that no light source should be brighter than the screen when the set is on. Three-way bulbs or dimmers provide flexibility for lighting fixtures.

The most important factor with large-screen TVs is to keep the size of the set to the size of the room.

"A rule of thumb is to allow a minimum distance of three times the screen size for all TVs," said Ed Korenman, spokesman for the Consumer Electronics Manufacturers Association. This means that viewers should be about 12 feet away from a 48-inch screen.

A big screen TV is often installed in a home theater setting, with extra speakers placed strategically around the room — the better to appreciate those startling

and permit venting of any

built-up heat generated by the equipment.

— Associated Press

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